

September Member Update

Your Benefits, Simplified

We're excited to introduce a more connected CalVEBA digital experience! Our new website, MyVEBA Member Portal, and WellnessLiving scheduling platform make it easier to access benefits, resources, and connect with support, all in one place.

With the new digital experience, you can:

- Explore benefits, programs, wellness resources, classes, events, and resources.
- View coverage details, plan documents, and carrier contacts through the MyVEBA Member Portal.
- Access resources, tools, and guidance available to you in one convenient location.

Explore the new digital experience and register at the MyVEBA Member Portal today!

[Register Now](#)

*Need help registering for a class or service through WellnessLiving? Contact the Resource Center at **619-398-4220**.*

2025 Impact Report

Your health journey matters, and so do the moments along the way.

In our 2025 Impact Report, you'll find real stories from members who have used their benefits to take meaningful steps toward better health, along with highlights from the past year.

Many of the programs and services featured below are part of that impact highlighted in the report.

[Explore the Report](#)

Programs and Events

Lunch & Learn

Connecting Across Generations: Tools for a Respectful Workplace

September 8 | 12 pm – 1 pm (Virtual)

Gain tools to navigate generational differences in the workplace. This expert-led session offers practical insights you can use every day.

[Register Now](#)

Metabolic Reset Intro Classes

September 10 or September 24 | 4 pm – 5 pm (Virtual)

Learn how acupuncture, gentle movement, Whole Health Coaching, and nutrition education work together to support whole-person well-being.

[Learn More](#)

Sunday Virtual Meal Prep

September 13 | 2:00 pm – 3:15 pm (Virtual)

Join Chef Leslie for a live virtual meal prep class to learn simple, quick recipes that help you get ahead, without spending hours in the kitchen.

[Register Now](#)

Circle of Care: You Matter Too: Self-Care for Caregivers

September 16 | 5 pm – 6 pm (Virtual)

Join experts from UC San Diego, Elder Law & Advocacy, and the San Diego Caregivers Coalition for this caregiver-focused workshop. Explore practical strategies for managing stress, restoring balance, and supporting your well-being while caring for others.

The Circle of Care series continues **September 23** with **Support Starts Here: A Guide to Caregiver Resources**, covering caregiver support, Medicare and respite options, and local, state, and federal resources.

[Register Now](#)

Upcoming Virtual Workshop

Creating a Culture of Kindness: The Strategic Advantage for Thriving Workplaces

Whole Health Coaching Workshop

September 29 | 5 pm – 6 pm (Virtual)

Through inspiring real-world examples and practical strategies, you'll learn how small actions can have a meaningful impact on morale, collaboration, and innovation.

[Register Now](#)



Featured Resource

Open Enrollment Hub

Open Enrollment is approaching. Visit the Open Enrollment Hub for educational resources, key dates, and tools to help you prepare for upcoming benefit decisions.

[Explore the Hub](#)



Support When You Need It

Mental & Emotional Well-Being Support

Short-term therapy and confidential emotional support are available through CalVEBA, including virtual and in-person options.

Visit the [Member Benefits Page](#) to learn more.

Additional Mental Health Options by Health Plan

- **Kaiser Permanente:** Call **800-464-4000** for mental health services
- **UnitedHealthcare:** Sign in to your member portal or call the number on your ID card
- **Optum (San Diego):** Access therapy through Mindpath Health with authorization from Optum. Here's how to get started:
 - **Get an authorization code:** Call Optum at [888-625-4809](#).
 - **Schedule your appointment:** Call [619-528-4600](#) with your authorization code.

Eligibility questions or need help finding an in-network mental health professional?

Contact The Advocacy Team at [CalVEBA.org/Contact](#) or call [888-276-0250](#).

Benefits Questions?

Sometimes the hardest part of health care is knowing where to start. The Advocacy Team is your first point of contact when you need help understanding your benefits.

Get help with:

- Benefits questions & expediting care
- Referrals, authorizations, or denied claims questions
- Finding in-network providers
- Prescription or copay issues

Contact The Advocacy Team:

888-276-0250 | CalVEBA.org/Contact

Monday–Friday, 8 am–5 pm

***Tip:** For urgent requests, please click the “Urgent” box located on the contact form. Inquiries typically receive a response within one business day of receipt.*

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