October 2026

CALIFORNIA SCHOOLS VEBA YOUR HEALTH OUR PURPOSE

October Member Update

Your Benefits, All in One Place

Open Enrollment is a great time to review your coverage and explore your options. The MyVEBA Member Portal gives you convenient access to plan documents, coverage details, carrier contacts, and other important benefits information in one location. Register or sign in to find the information you need when reviewing your benefits and making enrollment decisions.

Access the Portal

Virtual Programs and Events

Walktober Challenge

October 1 – 30 (Virtual)

Turn movement into a fun challenge. Log steps or activity minutes, track your progress, earn chances to win exciting prizes, and celebrate progress throughout October.

Learn More

Metabolic Reset Intro Classes

October 1, October 15, or October 29 | 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

Smart Bite Series
Feed Your Focus
October 6 | 12 pm – 1 pm (Virtual)

[Register Now]

Building Brain Resilience
October 20 | 12 pm – 1 pm (Virtual)

[Register Now]

Featured Whole Health Coaching Workshop
Food and Mood: How Nutrition Shapes Emotional Well-Being, Brain Health, and Resilience
October 27 | 5 pm – 6 pm (Virtual)
Learn how nutrition can influence emotional well-being, resilience, and overall health.

[Register Now]

Healthy Aging Through Every Stage: From Perimenopause to Post-Menopause Webinar
Presented by Kindbody & CalVEBA
October 27 | 5 pm – 6 pm (Virtual)
Join Kindbody experts for a discussion of the menopause transition, including common symptoms, treatment options, and lifestyle strategies to support healthy aging and long-term well-being.

[Register Now]

In-Person Small Group Programs

Space is limited. Advance registration is required.

Cooking for Salud with Olivewood Gardens

Build healthier eating habits with practical nutrition and cooking skills. This six-week course is offered in Spanish.

Chula Vista Resource Center
October 1-November 5 | Thursdays | 5 pm – 6 pm
Register Now

Consciousness as Medicine

Explore mind-body and lifestyle approaches designed to support individuals affected by cancer. Join any week and attend one or all sessions.

Kearny Mesa Resource Center
October 5-November 9 | Mondays | 4 pm – 5 pm
Learn More

Chula Vista Resource Center
October 6-November 10 | Tuesdays | 4 pm – 5 pm
Learn More

Gratitude Circle: Mindful Self-Compassion

Pause, reset, and reconnect during the holiday season through gratitude, self-compassion, and practical self-care strategies.

Chula Vista Resource Center
November 2, 9, and 16 | 5 pm – 6 pm
Register Now

Kearny Mesa Resource Center
November 3, 10 and 17 | 5 pm – 6 pm
Register Now

Carlsbad Resource Center
November 3, 10 and 17 | 5 pm – 6 pm
Register Now

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

Featured Resource

Open Enrollment Hub

Open Enrollment comes with important decisions. Find guidance, educational resources, and helpful tools designed to support you every step of the way,

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.*

Stay Connected

Follow California Schools VEBA on social media for events, tips & community updates.

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