November 2026

CALIFORNIA SCHOOLS VEBA YOUR HEALTH OUR PURPOSE

November Member Update

Make the Most of Your Benefits

Looking for benefits information? The MyVEBA Member Portal gives easy access to plan documents, coverage details, carrier contacts, and resources designed to help you get the most from your benefits.

Access the Portal

Virtual Programs and Events

Metabolic Reset Intro Class

November 12 | 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

Featured Whole Health Coaching Workshop

Vitamin G: The Science of Gratitude and its Transformative Power

Discover how gratitude can positively influence emotional well-being, resilience, and overall health.

November 17 | 5 pm – 6 pm (Virtual)

Register Now

In-Person Small Group Programs

Space is limited. Advance registration is required.

Balancing Blood Sugar: Cooking for Diabetes Prevention

Explore balanced recipes and cooking approaches that support steady energy and

diabetes prevention.
Kearny Mesa Resource Center
November 2 | 5:30 pm – 6:45 pm | Register Now
Chula Vista Resource Center
November 4 | 4 pm – 5:15 pm | Register Now
November 4 | 5:30 pm –6:45 pm | Register Now

Gratitude Circle: Mindful Self-Compassion

If the holidays feel stressful or overwhelming, you're not alone. Pause, reset, and reconnect during the holiday season through gratitude, self-compassion, and practical self-care strategies.

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

Register Now

Kearny Mesa Resource Center
November 10 and 17 | 5 pm – 6 pm

Register Now

Carlsbad Resource Center
November 10 and 17 | 5 pm – 6 pm

Register Now

Festive Cooking with Olivewood Gardens

Celebrate culture, family, and flavor while learning healthier ways to enjoy holiday favorites. This class is offered exclusively in Spanish.
Chula Vista Resource Center
November 19 | 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

Mental Well-Being Hub

The holidays can be a time of joy but also stress and anxiety. Looking for additional support? Explore therapy services available through your CalVEBA benefits and connect with resources designed to support your mental well-being this season and all year long.

Explore the Hub

Featured Blog

Your Year-End Health Plan Checklist: 5 Key Actions to Take

As the year winds down, it's the perfect time to take full advantage of your health plan benefits before the new year begins. Taking a few simple steps now can help you start the new year prepared.

Read Blog

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

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