



Welcome to the California Schools Voluntary Employee Benefits Association (VEBA), a joint labor-management trust. VEBA was formed to purchase the highest quality benefits at the lowest cost for school district employees like you. Your benefits are highlighted below.

YOUR HEALTH BENEFITS

Save time, visit www.vebaonline.com



VEBA provides high-quality health benefits at the most reasonable cost for you and your eligible family members. Your district will give you the specifics about your health plan choices through Kaiser and United-Healthcare. Your other health benefits are described below.

Chiropractic Benefits

You get chiropractic benefits (and acupuncture if your district offers it) through OptumHealth (Optum). Your benefits include:

- Unlimited visits, as long as medically necessary
- Radiological X-rays as authorized
- \$50 annual chiropractic appliance benefit

It's important to verify that your provider still participates with Optum Plans, **before** you receive services. Here's what to do:

- Ask the provider if he/she still participates with Optum
- Contact Optum to verify network providers

PLEASE NOTE: Services must be medically necessary and may be subject to prior authorization from Optum.

YOUR WELLNESS BENEFITS

Save time, visit www.vebaonline.com



VEBA provides the following Wellness benefits to help you and your eligible family members develop healthy habits and stay well.

Health Coaching

If you have certain health risks, or chronic conditions, VEBA's Health Coaches can help you stay well. If eligible, you will be paired with a Health Coach who will provide weekly phone calls and email coaching. Your Health Coach will help you set health-related goals and develop strategies to reach them. Areas of focus include nutrition, fitness, behavior modification, disease and injury management, stress management and more.

Wellness Activities

If you find it hard to motivate yourself to eat right and exercise, then VEBA's Wellness Activities are for you! Each activity provides measurable milestones so you can see your results! Plus, after you complete an activity, you get points to earn FREE GIFTS (such as gift cards, juicing blenders, individual yoga and cooking classes, and much more).

Workplace Wellness Programs

VEBA provides all the information, tools and support your district needs to launch and sustain a successful Workplace Wellness program. Our wellness experts will help you set up a Wellness Committee, attend meetings to get you started, and provide suggestions about events and activities to keep your employees motivated.

YOUR ADVOCACY BENEFITS

Save time, visit www.vebaonline.com



VEBA provides the following Advocacy benefits that include resources, education and support to empower you to make informed decisions about your health care and lifestyle choices. They also help you get appropriate health care information and services when you need them.

VEBA Advocacy Program

Sometimes it's hard to know where to turn when doctors or the health plan can't answer your questions. VEBA's Advocacy Program, headed by a registered nurse and knowledgeable staff members, is your best support system when you are faced with challenges in accessing the care you need.

VEBA's Advocacy Program helps protect your right to obtain the services you need while avoiding costly, inappropriate care and delays in diagnosis and treatment. It helps you resolve issues related to access to care, quality of care, getting timely appointments and questions about a diagnosis or second opinion.

Best Doctors® Program

The Best Doctors® program provides free consultation with medical experts if you have a question about your health or are diagnosed with a serious, complex or rare medical condition. Best Doctors® will review your care, confirm your diagnosis and recommend treatment.

(Advocacy benefits continue on next page)



YOUR ADVOCACY BENEFITS

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Employee Assistance Program (EAP)

There may be times in your life when you need help and don't know where to turn. Whatever the problem, you do not need to handle it alone. VEBA has arranged to provide confidential EAP services to you and your family members.

When you call the EAP, you will be connected with a licensed EAP counselor who will help you determine the most appropriate type of assistance to resolve your concerns. The EAP can help with life issues through a wide range of services, including face-to-face counseling sessions or a referral to community resources. Here are just a few examples of how the EAP can help.

Counseling Services

- Depression and stress
- Co-worker conflicts
- Grief and loss
- Marital or family issues
- Alcohol/substance abuse issues
- ADHD assessment

Dependent Care Referral

- Referrals to child or elder care providers
- Referrals to home health care providers
- Tips on interviewing and monitoring caregivers
- Adoption information
- Child care/summer day camp

Legal Consultation

- Free and confidential half-hour legal consultation through a nationwide network of attorneys
- Wills trusts and estate planning
- Divorce and Custody
- Small claims or personal injury
- Real estate transactions
- Drunk driving offenses
- Criminal offenses

CARRIER CONTACT INFORMATION

Save time, visit www.vebaonline.com



We encourage you to contact the carriers below when you have questions about your benefits. You can also visit their websites below to:

- Find a participating provider
- Print an ID card
- Learn about their Discount Programs
- And, much more!

CARRIER/WEBSITE	PHONE
Best Doctors www.bestdoctors.com	888-362-8677
Delta Dental www.deltadentalins.com	PPO 866-499-3001 HMO 800-422-4234
Employee Assistance Program (EAP) www.liveandworkwell.com Access code:veba	888-625-4809
Express Scripts www.express-scripts.com	800-918-8011 (Mail order) 800-633-2662
Kaiser www.kp.org	800-464-4000
Optum Heath (Chiropractic/Acupuncture) www.myoptumhealthphysicalhealthofca.com	
Kaiser Members	800-428-6337
UHC Members	888-586-6365*
UnitedHealthcare HMO: www.uhcwest.com PPO: www.myuhc.com	888-586-6365*
VEBA Advocacy www.vebaonline.com	888-276-0250
Vision Service Plan www.vsp.com	800-877-7195

*Please note: This is a new UHC HMO and PPO Customer Service phone number. It will be effective October 1, 2014.



The VEBA Vision:

To enable California public employees and their families to achieve and maintain wellness.

The VEBA Mission:

To collaboratively provide health care benefits and related services that are effective, affordable and of the highest quality and value.