

Top 10

THINGS
TO KNOW
ABOUT
YOUR

VEBA BENEFITS

IN 2015

HEALTH BENEFITS

Be the Best You Can Be



1

FREE SCREENINGS (All Members)

Call your doctor to schedule your free 2015 wellness visit. Keep track of the screenings you need.

Call your health plan for benefits information:

Kaiser Members:
800-464-4000

UnitedHealthcare Members:
888-586-6365



2

TARGET CLINIC (Kaiser & UHC PPO Members)

Get needed care while you shop.

Visit: [target.com/
pharmacy/clinic-services](http://target.com/pharmacy/clinic-services)



3

NOW CLINIC (UHC Members)

24/7 access to a doctor from your smart phone or computer with a \$45 copay.

Visit: MyNowClinic.com
(enrollment code: CAVNC)



4

EXPRESS SCRIPTS (UHC Members)

Order long-term prescriptions at Rite Aid, Costco, or Express Scripts by Mail. View prescription history, check order status, and get drug information.

Visit: ExpressScripts.com

ADVOCACY BENEFITS

Work Together



5

VEBA ADVOCACY SERVICES

When your doctor or health plan can't help you, call VEBA's Advocacy Office. They'll help you resolve benefit issues, and find ways to get more timely appointments.

Call: (888)276-0250



6

EMPLOYEE ASSISTANCE PROGRAM (EAP)

Get through life's challenges with counseling, budgeting and legal advice, child and eldercare support, and more.

Call: (888)625-4809 or visit
LiveAndWorkWell.com
(access code: VEBA)



7

BEST DOCTORS

Started by Harvard doctors, Best Doctors gives you access to medical experts to make sure you have the right diagnosis and treatment for your situation at no cost to you.

Call: (888)362-8677 or visit BestDoctors.com

WELLNESS BENEFITS

Get Well, Get Rewards

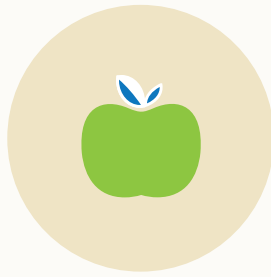


8

HEALTH COACHING

Get matched up with a Health Coach if you have certain health risks.

Contact:
healthcoach@vebaonline.com
 or (619)466-4386



9

WELLNESS CHALLENGES

A fun way to learn healthy lifestyle choices:

- Increase physical activity
- Make healthy food choices
- Manage stress
- Manage chronic diseases

Contact:
healthcoach@vebaonline.com
 or (619)466-4386



10

WORKPLACE WELLNESS

Start a workplace wellness program at your District.

Contact:
healthcoach@vebaonline.com
 or (619)466-4386

Learn more about the **best ways** to *bring Wellness* to your worksite.

Attend the **FREE seminar series** on:

- * January 16 (Getting Leadership Support)
- * March 6 (Structuring the Program)
- * May 29 (Communication Plan Ideas)

For more information, call 619-466-4386.

reduce stress

PLAN CONTACT INFORMATION

Get the Information You Need

Benefit Plan	Website	Customer Service
Best Doctors	bestdoctors.com	(888)362-8677
Delta Dental	deltadental.com	(888) 335-8227
Employee Assistance Program	liveandworkwell.com access: VEBA	(888) 625-4809
Express Scripts	expressscripts.com	(800) 918-8011
Kaiser	kp.org	(800) 464-4000
Optum Health (Chiropractic/Acupuncture)	myoptumhealthphysicalhealthofca.com	Kaiser Members: (800) 428-6337 UHC Members: (888) 586-6365
Optum Behavioral Health	liveandworkwell.com access: VEBA	(888) 625-4809
SIMNSA	simnsa.com	(619) 407-4082 San Diego (686) 555-6322 Mexicali 01 800 800-1491 Tijuana
UnitedHealthcare (UHC)	HMO:uhcwest.com PPO: myuhc.com	(888) 586-6365
Vision Savings Plan	vsp.com	(800) 877-7195

Access more benefits information
 by visiting:
vebaonline.com

