

Benefit Contacts


Benefit	Website	Customer Service
Carrum Health	Carrum.me/CSVEBA	888-855-7806
Cigna HMO	Cigna.com	800-244-6224
Delta Dental HMO	Deltadentalins.com	800-422-4234
Delta Dental PPO	Deltadentalins.com	866-499-3001
Express Scripts	Express-scripts.com	800-918-8011
HealthInvest (HRA for Journey plan)	Healthinvesthra.com	844-342-5505
Journey Plan	Journeyplan.org	888-586-6365
Kaiser	My.kp.org/VEBA	800-464-4000
Optum Employee Assistance Program	LiveandWorkWell.com Access Code: VEBA	888-625-4809
Optum Health (Chiropractic)	MyOptumHealthPhysicalHealthofCA.com	800-428-6337
Teladoc Medical Experts (formerly Best Doctors)	teladoc.com/medical-experts	800-835-2362
UMR (Administrator of PPO plans)	Umr.com	800-826-9781
United Healthcare (UHC)	whyuhc.com/CSVEBA	888-586-6365
VEBA Advocacy	Email: Advocacy@mcgregorinc.com	888-276-0250
VEBA Resource Center	Email: VRC@mcgregorinc.com	619-398-4220
Vision Service Plan	Vsp.com	800-877-7195

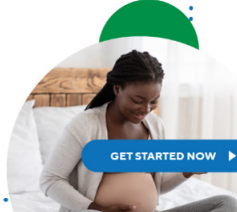


California Schools VEBA
MyVEBA

Welcome to MyVEBA – an online portal just for VEBA members that is packed full of great resources for you and your family! Log in to MyVEBA during Open Enrollment to explore your plan options for the upcoming year, search for a provider or get your benefit questions answered.

Through MyVEBA you can also explore our many fitness, cooking, or mindfulness classes, healthy recipes, on-demand content, and upcoming events – all FREE for VEBA members. We have something for everyone, log in today!



Looking for more information about VEBA carriers and benefits?

Visit the carrier rooms on MyVEBA to read flyers, watch videos or contact us directly.

[Click here to visit!](#)