

CONTACT LIST

Benefit	Website	Customer Service
Best Doctors	Members.bestdoctors.com	866-904-0910
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 <i>(HRA for Journey plan)</i>	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 <i>(Chiropractic/Acupuncture)</i>	MyOptumHealthPhysicalHealthofCA.com	800-428-6337
UMR <i>(Administrator of PPO plans)</i>	Umr.com	800-826-9781
United Healthcare (UHC)	CSVEBA.welcometouhc.com	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

ROOMS

- 2023 Plan Options - CUSD
- UnitedHealthcare CUSD
- UMR - CUSD
- Kaiser Permanente - CUSD
- Delta Dental - CUSD
- Vision Service Plan (VSP) - CUSD
- Monarch
- Express Scripts Pharmacy Coverage
- STAP
- Cigna Sharp HealthCare
- Scripta Health
- OptumCare


ROOM ACTIVITIES

Please choose an activity.

- FAQs and Tips

CONTACT INFORMATION

- Visit us at: <https://csveba.welcometouhc.com/>
- Or call us at 1-888-586-6365



Looking for more information about VEBA carriers and benefits?

Visit the carrier rooms on your Virtual VEBA platform to read flyers, watch videos or contact us directly.

[Click here to visit!](#)
Enter passcode: CUSD