

LIFE IS HARD.  
CHANGE IS HARD.

VEBA IS HERE TO HELP.

Care Navigators help VEBA members identify, address and overcome personal barriers.

The VRC makes accessing resources easy through:

- ✓ On-site and Off-hour Appointments
- ✓ Telephonic Counseling and Support
- ✓ No-cost Childcare when at the VRC
- ✓ Financial Assistance
- ✓ Transportation Support
- ✓ Community Resources and more

For more information, please visit  
[vebaresourcecenter.com](http://vebaresourcecenter.com)



#### VEBA's Vision

Our members are engaged and empowered advocates for their own well-being.



WELCOME  
— to the —  
**VEBA**  
RESOURCE CENTER

*Centered Around You*



CALIFORNIA SCHOOLS  
**VEBA**  
RESOURCE CENTER

[vebaresourcecenter.com](http://vebaresourcecenter.com) | 888-276-0250  
1843 Hotel Circle South | San Diego, CA 92108



CALIFORNIA SCHOOLS  
**VEBA**  
RESOURCE CENTER

THE VEBA RESOURCE CENTER is a caring and safe environment that supports VEBA members as they define their path to well-being.

## EMPOWERING VEBA MEMBERS

VEBA's top priority is empowering our members to become advocates for their well-being. At the VRC, a team of professionals support members in developing personalized plans for becoming their healthiest selves, because health care should not be one-size-fits-all.

We look beyond symptoms to understand what's really occurring with our members and why. This customized approach results in better care for our members and lower health care costs for their employers.

Most health care systems are designed for efficiencies, which does not give people the space they need to explore their most pressing issues. At the VRC, we look at chronic disease more often as the symptom of greater underlying challenges, as opposed to the singular challenge to solve. Everyone's health care journey is unique, so we help our members find the resources that work for them.

### PERSONAL PLAN SERVICES

A diverse team of professionals support VEBA members in developing personalized plans so they can live healthy lives. Examples include:



#### MENTAL HEALTH SUPPORT & EDUCATION

VEBA recognizes that depression, anxiety, addiction, domestic violence and mental health conditions impact many individuals in our community, as well as their families and loved ones. We provide support to VEBA members through access to individual and group counseling, virtual visits and customized programs that can put individuals on a path to healing and recovery.



#### MOVEMENT

The VRC meets members where they are in their journey to healthy living through custom-tailored fitness programs. Health coaches work with members to develop personalized programs and maintain healthy habits.



#### STRESS REDUCTION

As part of a comprehensive program to improve physical and mental health, VEBA provides members with access to on-site services such as acupuncture, meditation sessions and group counseling.



#### NUTRITION & COOKING

A healthy diet is key to good physical and mental health. VEBA offers nutrition counseling and cooking classes tailored to the individual's needs. Members also receive support in overcoming their barriers for accessing healthy, affordable food.