

INFORMATION FOR VEBA MEMBERS

Optum EAP Phone Number Change

The Optum EAP Free Emotional Hotline 866-342-6892 is no longer available; however, members can still reach Optum EAP at **888-625-4809**.

Travel Medical Benefits Coverage

Emergencies can happen anywhere and almost anything can come up when you travel, and different health needs require different types of care. It is important to remember that how you get care can vary depending on where you are. Therefore, this summer, plan and find out what emergency and other medical services are available where you will be traveling. Check with your carrier to get the most update information before you travel.

Updated UHC Website for VEBA Members

UnitedHealthcare (UHC) has a dedicated website for VEBA members or prospective members which replaces the sunsetted: csveba.welcometouhc.com. The updated site includes available VEBA plans, a provider search, as well as UHC resources. This updated UHC site can be accessed by going to whyuhc.com/csveba.

May is Mental Health Awareness Month

This month is Mental Health Awareness Month and VEBA wants to keep our members informed. The month focuses on raising awareness of mental illnesses and their impact on individuals, families and society in general, and on replacing stigma surrounding mental illness with hope for treatment and recovery.

Emotional Health Resources for VEBA Members

As a VEBA member, you have a variety of resources available to take care of you. Are you feeling stressed or would like to talk to someone, then please carve out some time for self-care this month.

- May Optum's [e-newsletter](#) can help you connect your mind and body for health and wellness.
- Talkspace online therapy. Talkspace offers therapy when you need it – no appointment necessary. Connect virtually with a licensed, in-network provider, including unlimited text messaging as well as real-time audio/video appointments. [Get started online](#).
- Expedited appointments are available to VEBA members through Psych Centers at San Diego. Group therapy and personalized therapy telehealth sessions are available through your Optum EAP benefit. Contact Optum at **888-625-4809** or VEBA Advocacy at **888-276-0250** or email advocacy@mcgregorinc.com to obtain



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an authorization code. Once you receive an authorization code, you can call PCSD at **619-528-4600 ext. 7878** to schedule your appointment.

VEBA Resource Center Classes and Events

Miss your favorite class? Check out our [YouTube page](#) for complete class recordings and videos from our VRC providers. Remember, to see what classes are available and to sign up for a class go to <https://vebaresourcecenter.com/calendar>.