



June 2020

INFORMATION FOR VEBA MEMBERS

VEBA Resource Center Is Now Virtual

Celebrate summer with the VEBA Resource Center! Hot new offerings include Summer Cooking, Yogalates, Sound Healing, Yin Yoga, and Mindfulness for Adults and Children (*see attachment "Virtual VRC June Flyer"*).

Virtual group classes and one-on-one coaching are available throughout the day – see [online June schedule](#). For additional information or to register, email VRC@mcgregorinc.com or call **619-398-4220**.

Follow us on [Facebook](#), [Instagram](#) and [LinkedIn](#) for well-being tools and news. Our own Dr. Sondoozi will be conducting emotional well-being talks each week on Facebook Live. Join us every Tuesday and Thursday from 12:30 - 1 p.m. Videos of the chat will be shared on our social media channels.

UHC Virtual Visits Offer Around-the-Clock Care

UnitedHealthcare (UHC) will be retiring its NurseLine on July 1, 2020. UHC members seeking 24/7 medical advice can use virtual care services. Visit UHC's site to learn more about [virtual care](#) or log into your myuhc.com account to get started.

Reopening Update for Southern California Medical Offices

A number of local medical offices are reopening. Be sure to check online for the latest.

Beaver Medical Group	Facility hours may vary. Call 909-793-3311 or visit Beaver Medical Group's website .
Edinger Medical Group	Medical offices have reopened but virtual visits are recommended. Additional safety measures are in place for in-person visits. Check EMG's COVID-19 page for the latest.
Kaiser	Kaiser has a dedicated page to reopening locations or services.
Loma Linda	Patient services are beginning to reopen at Loma Linda University Health. Get the newest updates on their COVID-19 page .
MemorialCare Medical Group	Primary care or urgent visits are available in-person or virtually. Before your visit, read about safety precautions or get wait times at local urgent care clinics on MemorialCare's website .
Pomona Valley Medical Center	Elective, non-urgent procedures and services deferred due to COVID-19 have resumed at PVHMC . However, visitor restrictions and safety measures are being enforced.
VEBA Advocacy	Need help navigating the local health care scene? Contact Advocacy at Advocacy@mcgregorinc.com or 888-276-0250 .



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Updated Carrum Health Contact Info

UMR PPO members looking to connect with Carrum Health can call **888-855-7806**, rather than the number printed on the back of the UMR ID cards. Members can also visit [Carrum's website](#) or download the Carrum Health app for Phone or Android devices.

If you or a family member were planning to get a surgical procedure such as joint replacement or spine surgery and don't know how to move forward because of coronavirus, Carrum can help. Some of our Centers of Excellence are beginning to schedule patients in June. For more information, call **888-855-7806**.

COVID-19 Coverage Extended for VEBA Members

Several carriers have extended coverage of in-network COVID-19 care for VEBA members. See chart below for details.

Carrier	COVID-19 coverage	For more information
UnitedHealthcare	Cost share will be waived for COVID-19 testing and testing-related visits until July 24, 2020.	UHC COVID-19 web page Call the phone number on UnitedHealthcare member ID card
Kaiser	Out-of-pocket costs for in-network COVID-19 testing and treatment will be waived until the end of the year.	Kaiser COVID-19 web page Call 877-813-7297 , 7 a.m. to 7 p.m., 7 days a week
UMR	Cost share will be waived for COVID-19 testing and treatment until July 24, 2020.	UMR COVID-19 update Call the phone number on UMR member ID card
Cigna	Cigna is waiving out-of-pocket costs for COVID-19 diagnostic visits and COVID-19 testing until July 31, 2020. Member cost-sharing is waived for COVID-19 treatment until July 31, 2020.	Cigna COVID-19 online resource center Call 855-287-8400



Free Mental Health Resources for VEBA Members

Feeling stressed? With all of the national events happening, you are certainly not alone. VEBA members have several free resources available to them. Take advantage of them this month to reduce anxiety and maintain your emotional well-being.



Phone Support

- The Optum Emotional Support line is available to all VEBA members free of charge. Call **866-342-6892** to speak to a professionally trained mental health expert 24 hours, 7 days a week. It is open to family and friends as well.
- Cigna offers a free 24/7 emotional phone support line at **866-912-1687**.



Virtual Well-being Resources

- Yoga, meditation and motivational videos on the VEBA Resource Center's (VRC) [YouTube channel](#).
- Enjoy yoga and stress reduction classes in the comfort of your home with our [virtual VRC classes](#).
- Personal virtual visits with our Nurse Navigators, who are here to support you through all of life's challenges and connect you with the resources you need. Appointments are available from 10 a.m.- 5 p.m., Monday-Thursday. Contact VRC@mcgregorinc.com or **619-398-4220** to schedule an appointment or to learn more.



Digital Tools

- [Optum monthly e-newsletter](#) on work and life balance.
- VEBA members have free premium access to digital mental health care through Sanvello Health until June 30. Sanvello's app offers meditation, peer support, guided lessons and assessments. It is available on both Apple and Google platforms.
- Kaiser is offering the myStrength app free to adult Kaiser members 18 and older. It provides personalized programs and new features specifically designed to help you cope with fear or anxiety about the coronavirus. Kaiser members also have free premium access to the Calm app. Get started at kp.org/selfcareapps.