



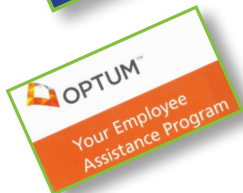
Taking Charge of Your Health

Taking charge of your health is the best way to stay healthy. VEBA gives you the tools you need to make informed decisions. And they are FREE!



Best Doctors: 866-904-0910 (Monday–Friday, 8 am to 9 pm ET)

- Get a second opinion for a health condition
- Get answers about a diagnosis, treatment plan, or test results
- Find a family doctor or specialist



Employee Assistance Program (EAP): 888-625-4809 (24 hours a day/7 days a week)

- Get counseling to deal with life's challenges (including issues related to work, stress, family, depression, and substance abuse)*
- Get help with financial or legal issues
- Find caregiving for a child or aging parent

**Note: First 5 sessions with an EAP counselor are Free.*



VEBA Advocacy Program: 888-276-0250 (Monday–Friday, 8 am to 5 pm PT)

- Get help if your doctors or the health plan can't answer your questions
- Address issues related to getting care or quality of care
- Get answers about a diagnosis or second opinion

This monthly health tip is brought to you by the California Schools VEBA. VEBA purchases your Kaiser, UnitedHealthcare, and other Health, Wellness, and Advocacy benefits.

