

INFORMATION FOR VEBA MEMBERS**UMR Launches New Mobile App**

UMR is launching a new mobile app with a forward-looking user interface designed to deliver an enhanced member experience. The new dashboard offers a quick glance of information such as member ID card info, general and personal announcements, live chat, and more. The app will include a secure login process with HealthSafe ID to stay current with latest security protocols and provide a better user experience. The new app will be available for download through Google Play and Apple Store starting December 2, 2022.

UHC HMO & UMR PPO Removes Kroger Pharmacies In-Network Benefit

Impacted members who choose to continue filling their prescription at Kroger Pharmacies on or after January 1, 2023, the cost of their prescription will not be covered at the in-network benefit level by their plan. Customers may be told by the pharmacist that Kroger is no longer in their Express Scripts Pharmacy network. In that case they will need to switch to an in-network pharmacy for continued coverage at the in-network benefit level under their plan.

Express Scripts call centers will be ready to guide customers through a smooth transition to a new in-network pharmacy. If you have any questions about this change, please don't hesitate to call Express Scripts at **800-918-8011**.

VEBA Resource Center Classes and Events

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

Emotional Health Resources for VEBA Members

Show yourself some love this month by checking in with yourself to see how you're feeling. If you are feeling stressed or would like to talk to someone, here is a list of emotional health resources for VEBA members:

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