

## INFORMATION FOR VEBA MEMBERS

### Care Navigator is Back at the VEBA Resource Center (VRC)

We are excited to announce the return of our Care Navigation program with Michele McNiff, available to all VEBA Members! Together, you will create a tailored plan for your overall health and well-being. Care Navigation includes an integrated health and well-being assessment, guidance to finding appropriate resources, motivation and support, and follow-up appointments to monitor your progress. [Start your personalized wellness journey with us today!](#)

### Summer Classes at the VRC

Escape the summer heat with the VEBA Resource Center (VRC)! Classes and programs are available to all VEBA members and dependents. The VRC summer hours are Monday—Friday 9 am—Noon and 3 pm—6:30 pm. Daycare is available during these times if you are taking a class. Enjoy the flexibility of more than 300 free classes including Pilates, Yoga, mindfulness, strength training and cooking demos. Check out our complete [online July schedule](#).

The VRC is also now open to book events such as team building, meeting spaces, education events and more! Email [VRC@mcgregorinc.com](mailto:VRC@mcgregorinc.com) to inquire about event your event today!

### VRC 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>.

### UHC and Peloton Digital Membership

Good news, we received confirmation that the UHC and Peloton contract has been extended another year through June 2023. Take advantage of the 1-year Peloton digital membership offered free of charge to all UHC members. As long as members sign up, they will receive a full year membership. ***See attached “UHC and Peloton Member Flyer” for more information.*** Time to get in shape for the summer!

### Starting in August — Kaiser Update

**Beginning in August** Kaiser Permanente HMO and EPO members will have access to Cigna’s national network of physicians and providers, should they need emergency or urgent care during their travels away from home.

This new agreement with Cigna’s U.S. provider network and Kaiser’s new [kp.org/getcare](https://kp.org/getcare) options, which provide 24/7 access to care by Kaiser Permanente health care professionals

by phone or video, members will have even more ways to get care how and when they need it – virtually and in person. Following the link below for more information:

[Learn more about our new collaboration with Cigna.](#)

### **Transparency in Coverage Started July 1st**

The “Transparency in Coverage Rule,” issued in 2020 by the U.S. Department of Health and Human Services, Labor, and Treasury requires health insurers and group health plans for plan years beginning on or after January 1, 2022, to publish machine-readable files on a publicly available website by July 1, 2022. Follow this link below for more information:

[Transparency in Coverage](#)

### **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](mailto: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.