

INFORMATION FOR VEBA MEMBERS

VEBA IT System Scheduled Downtime

Important note: California Schools VEBA (“VEBA”) will undergo an important system IT upgrade June 9, 2023 through June 11, 2023. VEBA staff will not have access to email or phone on these dates. If you submit an inquiry during this time, you will receive a response the first part of the week of June 12, 2023. Thank you for your patience with delayed responses during this important upgrade.

COVID-19 Public Health Emergency Update

On May 11, 2023, the Department of Health and Human Services ended the federal Public Health Emergency (PHE) for COVID-19. The state of California extended the federal COVID-19 PHE requirements on health plans for six months and will continue to cover COVID-19 tests, vaccines and treatment from any licensed provider (in- or out-of-network) with no prior authorization or enrollee cost sharing through November 11, 2023.

See the ***attached fact sheet*** COVID-Fact Sheet 2023 for more information.

VRC Summer Classes

You receive access to over 300 **free** classes including Pilates, yoga, mindfulness, strength training and cooking demos. Check out vebaresourcecenter.com/calendar to view the June class schedule. Classes and programs are available to all VEBA members and dependents.

Did you know? The VRC has meeting space available to book events like team-building, trainings, education events and more! Visit www.vebaresourcecenter.com/host-your-event to inquire about hosting your event today!

Important note: our offices will be closed Monday, June 19, 2023 in observance of Juneteenth. However, we will still hold virtual classes.

VEBA Online Video Library

Life is busy! If you are unable to make it to an in-person VRC class, our online video library vebaresourcecenter.com/video-library/ offers a wide variety of on-demand fitness and wellness classes you can access at your convenience.

You can also find helpful videos on various health topics each month. Check out our new health videos this month, including:

- Alzheimer's Disease
- Older Adults: Getting Active After a Health Scare
- Here's Help: Mild Heat Exhaustion in Children
- And more!

Emotional Health Resources

Summertime is here and kids are out of school. If you're stressed or would like to talk to someone, consider taking advantage of the emotional health resources you receive through VEBA:

- 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 and real-time audio/video appointments. Get started by visiting www.talkspace.com/connect.
- Appointments are available to VEBA members through Psych Centers at San Diego (PCSD). Group therapy and personalized therapy telehealth sessions are available through your Optum EAP benefit. To get started, follow these easy steps:
 - 1.) Contact Optum at **888-625-4809** or VEBA Advocacy at **888-276-0250** or visit vebaonline.com/contact to obtain an authorization code.
 - 2.) Call PCSD at **619-528-4600 ext. 7878** with your authorization code to schedule your appointment.

VEBA Advocacy

Need help managing your care? Navigating the health care system can be confusing and complicated, but VEBA is here to help. The VEBA Advocacy team can help you resolve various issues like:

- Scheduling appointments
- Bill payment
- Quality of care
- And more!

Contact the VEBA Advocacy team Monday-Friday from 8 am-5 pm: **888-276-0250** or visit vebaonline.com/contact to submit a request. For Urgent requests, please click "Urgent" box located on the contact form. Inquiries typically receive a response within one business day of receipt.