

WELLNESS BENEFITS

Get Well, Get Rewards



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HEALTH COACHING

Get matched up with a Health Coach if you have certain health risks.

Contact:
healthcoach@vebaonline.com
 or (619)466-4386



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WELLNESS CHALLENGES

A fun way to learn healthy lifestyle choices:

- Increase physical activity
- Make healthy food choices
- Manage stress
- Manage chronic diseases

Contact:
healthcoach@vebaonline.com
 or (619)466-4386



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WORKPLACE WELLNESS

Start a workplace wellness program at your District.

Contact:
healthcoach@vebaonline.com or
 (619)466-4386

PLAN CONTACT INFORMATION

Get the Information You Need

Benefit Plan	Website	Customer Service
Best Doctors	bestdoctors.com	(866) 904-0910
Employee Assistance Program	liveandworkwell.com access: VEBA	(888) 625-4809
Express Scripts	express-scripts.com	(800) 918-8011
Kaiser	kp.org	(800) 464-4000
Optum Health (Chiropractic/Acupuncture)	myoptumhealthphysicalhealthofca.com	(800) 428-6337
Optum Behavioral Health	liveandworkwell.com access: VEBA	(888) 625-4809
SIMNSA	simnsa.com	(800) 424-4652 Toll Free to Mexico: (619) 407-4082
UnitedHealthcare (UHC)	myuhc.com	(888) 586-6365

Access more benefits information
 by visiting:
vebaonline.com





YOUR 2016 VEBA BENEFITS

HEALTH BENEFITS

Be the Best You Can Be



1

FREE SCREENINGS (All Members)

Call your doctor to schedule your free wellness visit. Keep track of the screenings you need. **Call your health plan for benefits information:**
Kaiser Members:
800-464-4000
UnitedHealthcare Members:
888-586-6365



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TARGET CLINIC (Kaiser & UHC PPO Members)

Get needed care while you shop.
Visit: target.com/pharmacy/clinic-services



3

YOUR HEALTH PLAN'S WEBSITE

Create an account on your health plan's website and get information about wellness activities, health conditions, your benefits, and much more!
Kaiser Members: kp.org
UHC Members: myuhc.com



4

EXPRESS SCRIPTS (UHC Members)

Find an EAN pharmacy or order long-term prescriptions at Rite Aid, Costco, or Express Scripts by Mail. View prescription history, check order status, and get drug information.
Visit: Express-Scripts.com

ADVOCACY BENEFITS

Work Together



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VEBA ADVOCACY SERVICES

When your doctor or health plan can't help you, call VEBA's Advocacy Office. They'll help you resolve benefit issues.
Call: (888)276-0250



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EMPLOYEE ASSISTANCE PROGRAM (EAP)

Get through life's challenges with counseling, budgeting and legal advice, child and eldercare support, and more. **Call: (888)625-4809 or visit LiveAndWorkWell.com (access code: VEBA)**



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BEST DOCTORS

Started by Harvard doctors, Best Doctors gives you access to medical experts to make sure you have the right diagnosis and treatment for your situation at no cost to you.
Call: (866)904-0910 or visit BestDoctors.com