



# TOP 10 THINGS TO KNOW ABOUT YOUR VEBA BENEFITS

## MOBILE BENEFITS

*Make your health care interactive*



### 1 VEBA WEBSITE

Log on to [VEBAonline.com](http://VEBAonline.com) and check out our new look! The refreshed site features a personalized member experience and improved functionality.

Go to: [VEBAonline.com](http://VEBAonline.com)



### 2 VEBA MOBILE APP

Take your health care on the go! Your one-stop shop for all of your benefit information. Get personalized reminders, contact favorite providers and track your upcoming health events.

Download now:



### 3 VIRTUAL CARE

#### Virtual Visits *(UHC members)*

A virtual visit lets you see and talk to a doctor from your mobile device or computer. Cost share will vary depending on your plan.

Visit: [doctorondemand.com](http://doctorondemand.com)  
[amwell.com](http://amwell.com)

#### Kaiser Telehealth *(Kaiser members)*

Schedule a phone or video appointment to connect to a doctor at your convenience. Your regular office copay will apply. Call anytime to receive clinical care in the moment.

Visit: [kp.org/getcare](http://kp.org/getcare)

## HEALTH BENEFITS

*Be the best you can be*



### 4 FREE SCREENINGS

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**



### 5 TARGET CLINIC *(provided by Kaiser)*

Get convenient care from Kaiser staff. No appointment necessary and non-Kaiser members are welcome.

Visit: [kp.org/scal/targetclinic](http://kp.org/scal/targetclinic)

*\*Out of network urgent care facility for non-Kaiser members.\**



# ADVOCACY BENEFITS

Work together



## 6 VEBA ADVOCACY SERVICE

When your doctor or health plan can't help you, call VEBA's Advocacy Office. They'll help you resolve benefit issues and find ways to get more timely appointments.

Call: **888-276-0250** or email: **VEBAadvocacy@mcgregorinc.com**



## 7 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**)



## 8 BEST DOCTORS

Expert second opinion service to ensure members receive the right treatment at no cost. Oncology Insight with Watson is a new offering from Best Doctors that partners leading oncologists with the most advanced in cognitive technology.

Call: **866-904-0910** or visit: **members.bestdoctors.com**

# WELL-BEING BENEFITS

Treat your mind, body and spirit



## 9 MOBILE HEALTH SCREENINGS

Take advantage of the most comprehensive body composition testing on the market with our SECA machine. Assess your health risks and learn about wellness solutions. Contact your district to see if the machine is coming your way or schedule a personal screening by emailing VEBA directly.

Email: **VEBAwellness@mcgregorinc.com**



## 10 VEBA RESOURCE CENTER (VRC)

The VRC offers comprehensive well-being care by addressing emotional, social, financial and physical health. Services include holistic care, yoga, cooking classes, health coaching and more.

Email: **VRC@mcgregorinc.com**

### BENEFIT CONTACTS\*

BENEFIT PLAN	WEBSITE	CUSTOMER SERVICE
Best Doctors	members.bestdoctors.com	866-904-0910
Delta Dental HMO	deltadental.com	800-422-4234
Delta Dental PPO	deltadentalins.com	800-765-6003
Employee Assistance Program	liveandworkwell.com access: VEBA	888-625-4809
Express Scripts	express-scripts.com	800-918-8011
Kaiser	kp.org	800-464-4000
MESVision.com	mesvision.com	800-877-6372
OptumHealth (Chiropractic/Acupuncture)	myoptumhealthphysicalhealthofca.com	800-428-6337
OptumHealth Financial (HRA)	optumbank.com	800-243-5543
UnitedHealthcare (UHC)	myuhc.com	888-586-6365
VEBA Advocacy	Email: VEBAadvocacy@mcgregorinc.com	888-276-0250
VSP Vision Care	vsp.com	800-877-7195

\* Contact applicable only if benefits are available through VEBA.

For your personalized benefit contacts, please refer to your district's Open Enrollment flyer.

Access more benefits information by visiting **VEBAonline.com**

