

2017

Your Top 10 VEBA Benefits

Advocacy Benefits

1



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

2



Employee Assistance Program (EAP)

Get through life's challenges with counseling, budgeting, legal advice, child and eldercare support, and more.

Call: (888)625-4809
or visit LiveAndWorkWell.com
(access code: VEBA)

3



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

Health Benefits

4



Preventive Care (All Members)

Call your doctor to schedule your free wellness exam and routine health screenings. Call your health plan for benefits information:

Kaiser Members:
800-464-4000

UnitedHealthcare
Members:
888-586-6365

5



UHC AMWell (UHC Virtual Visits)

See and talk to a doctor from your mobile device without an appointment. Doctors can diagnose and prescribe medication for a wide range of non-emergency medical conditions.

To learn more login to
myuhc.com

6



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

7



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



Your Top 10 VEBA Benefits

Wellness Benefits

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Carrier Wellness

Kaiser: Wellness Coaching by Phone or take online healthy lifestyle programs at no cost.

Visit: kp.org/wellnesscoach and kp.org/healthylifestyles

UHC: RALLY™ is an online experience that makes it easier for you to understand, learn, and find support on your health journey.

Register on myuhc.com

9



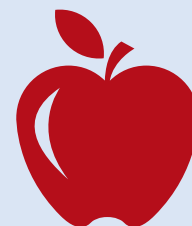
Wellness Challenges

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

Benefit Plan	Website	Customer Service
Best Doctors	Bestdoctors.com	866-904-0910
Delta Dental	Deltadentalins.com	866-499-3001
Employee Assistance Program	Liveandworkwell.com <i>access: VEBA</i>	888-625-4809
Express Scripts	Express-Scripts.com	800-918-8011
Kaiser	Kp.org	800-464-4000
Ochs Inc. / A Securian Company (Life Insurance)	Ochsinc.com	800-392-7295
Optum Health (Chiropractic/Acupuncture)	Myoptumphysicalhealthofca.com	800-428-6337
UnitedHealthcare (UHC)	Myuhc.com	888-586-6365
VSP Vision	Vsp.com	800-877-7195