



# Make Health Care Easy With These VEBA Benefits

## Virtual Care

Connect to care on your schedule

### Telehealth Visits

Schedule a telehealth appointment to speak with a doctor from the comfort of home. Here's how you can connect:

#### UHC Members

Visit with a doctor 24/7. Access your UHC medical appointments via phone or through your choice of online tools: Optum, Teladoc, Doctor On Demand or Amwell. \$0 copay / no cost share for Harmony, Journey and Journey Performance plans. All other plans, various cost share applies. Visit [uhc.com/virtualvisits](http://uhc.com/virtualvisits)

#### UMR Members

Talk to a doctor day or night with Teladoc. Your costs will vary depending on your specific plan's coverage. Download the app for easy access or visit [teladoc.com](http://teladoc.com)

#### Kaiser Members

Schedule a phone or video appointment to connect to a doctor at your convenience. No cost share for Kaiser virtual care. Visit [kp.org/getcare](http://kp.org/getcare)

#### Cigna Members

Cigna Telehealth Connection (Virtual Care) services provided by MDLIVE. Board-certified providers and pediatricians available 24/7. Not sure what type of care you need? Call the free Cigna nurse line at **855-673-3063** or visit [cigna.com/individuals-families/member-resources/virtual-care-options](http://cigna.com/individuals-families/member-resources/virtual-care-options)

#### SIMNSA Members

Free videoconferencing and phone conferencing with SIMNSA doctors and specialists are available to you. Members have to call SIMNSA in order to schedule an appointment. Call **800-424-4652**

#### Delta Dental Members

Teledentistry is available to all Delta Dental members. Virtual consultations are offered according to your plan benefits. Contact your dentist for current availability.

## Affordable Care

Lower health care costs

### Prescription Savings

(UHC and UMR members)

Hypertension, diabetes and high cholesterol are some of our members' most common health challenges. Copays are waived for generic hypertension, preferred generic oral hypoglycemic and preferred generic cholesterol medications when filled at a Smart90 retail or mail-order pharmacy.

Express Scripts now offers Price Assure – a partnership with GoodRx – to unlock savings for UHC members on select generic medications when filled at an in-network pharmacy. Price Assure works with Express Scripts behind the scenes to find you the best possible savings. If savings are available, you automatically receive the discounted rate.

Express Scripts members also have access to the SaveonSP program, which waives copays for certain specialty medications and ensures that, once enrolled, you have no financial responsibility. These medications will continue to be filled through Accredo.

To learn more, call **800-918-8011** or visit [Express-Scripts.com](http://Express-Scripts.com)

To access more benefits information, visit [VEBAonline.com](http://VEBAonline.com)

# Get Support

## When you need a helping hand

### Optum Employee Assistance Program (EAP)

Need help with daily stress? Feel overwhelmed at times? VEBA members receive at least 5 personalized visits with an EAP professional through Optum and access to a wide range of online self-help resources. Although not therapy, just talking to someone can make all the difference.

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

### Expedited EAP Appointments With Psych Centers at San Diego

Need an appointment through EAP? Psych Centers at San Diego (PCSD) telehealth services are here to help. You can take advantage of group therapy and personalized therapy sessions through your Optum EAP benefit.

Get started today – appointments are available. You first have to get an authorization code from EAP. Then, call PCSD to schedule an appointment. Here's how:

1. To obtain an authorization code, contact Optum at **888-625-4809** or contact VEBA Advocacy at **888-276-0250** or visit **VEBAonline.com/contact**
2. Call PCSD at **619-528-4600 ext. 7878** with your authorization code to schedule your appointment

### Teladoc Medical Experts

Expert second opinion service to ensure members receive the right treatment at no cost. Teladoc Medical Experts match your case to the most appropriate medical expert. After careful review, you then receive an in-depth report with Teladoc's expert opinion and, if necessary, recommended changes.

Call **800-835-2362** or visit **teledoc.com/medical-experts**



# Total Person Care

## Treat your mind, body and spirit

The VEBA Resource Center (VRC) is a unique whole health center designed to help you overcome the barriers health systems often create. We connect you to inspiring, innovative services, classes and events that empower you to grow and thrive. Check us out today!

### Virtual VRC

Supplement your benefits with a wide range of virtual VRC resources. Access many free monthly classes, programs and events from the comfort of home - including fitness, nutrition and stress management.

Visit **vebaresourcecenter.com/calendar**

### VEBA Advocacy Service

Have a question about your benefits – including what they are and how to use them? VEBA Advocacy is here to help. For assistance resolving benefit issues to quicker appointment-scheduling – and everything in between, give our advocates a call.

To contact VEBA Advocacy call **888-276-0250** or visit **VEBAonline.com/contact**

### Behavioral Health Specialists

Can't wait to see your behavioral health provider? Check in with the VRC to learn more about our direct behavioral health services. We can help connect you to the resources you need for your best behavioral health.

Visit **vebaresourcecenter.com/programs/care-navigation/**

To access more benefits information, visit **VEBAonline.com**