

MAKE HEALTH CARE EASY WITH THESE **VEBA** BENEFITS

VIRTUAL CARE

Connect to care on your schedule



VIRTUAL VISITS

Telehealth lets you see and talk to a doctor from the comfort of your own home. Get details on how you can connect:

UHC Members

Phone and video virtual appointments are available to UHC members through Teladoc, Doctors on Demand and Amwell. Cost share will vary depending on your plan.

[Get started here](#)

UMR Members

Talk to a doctor day or night with Teladoc. Your costs will vary depending on your specific plan/coverage.

Download the app for easy access or visit 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

Cigna Members

New in 2021, Cigna telehealth services will be provided exclusively by MDLIVE. Board-certified providers and pediatricians available 24/7. Not sure what type of care you need? Call the free nurse line at

855-673-3063.

[Get started here](#)

SIMNSA Members

Free videoconferencing and telephone 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 at no cost.

Contact your dentist for current availability.

AFFORDABLE CARE

Lower health care costs



HEALTHINVEST HRA

(UHC Journey members)

VEBA's new HRA is aimed at making health care more affordable. The HealthInvest HRA gives you both flexibility and significant tax savings. Build up savings for long-term protection since the money is yours to keep, even after you leave the plan or your employer.

Call: **844-342-5505** or
email: customercare@healthinvesthra.com



PRESCRIPTION SAVINGS

(UHC and UMR members)

Express Scripts members can benefit from significant savings this year on prescription drugs. Copays will be waived for preferred generic hypertension and preferred generic oral hypoglycemic when filled at a Smart90 retail or mail-order pharmacy. In addition, there is a new discount program for those taking specialty medications.

To learn more, visit Express-Scripts.com or call **800-918-8011**.





GET SUPPORT

When you need a helping hand



VEBA ADVOCACY SERVICE

Have a question about your benefits? VEBA Advocacy is here to help. Give our advocates a call for assistance with resolving benefit issues and finding ways to get more timely appointments.

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



OPTUM EMPLOYEE ASSISTANCE PROGRAM (EAP)

Optum provides a free emotional support line for all VEBA members. Anyone (including your family and friends) can call **866-342-6892** to speak to a mental health expert 24/7.

VEBA members also have free, confidential access to all of Optum's services, including professional care, self-help programs and personalized assistance.

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



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

TAKE CARE OF YOU

Treat your mind, body and spirit

The VEBA Resource Center (VRC) was designed to provide personalized care that meets members where they are in their journey to healthy living.



VIRTUAL VRC

The new virtual VRC offers more than 300 free group classes, such as Zumba, yoga and cardio. [Check out our online calendar](#) of offerings for both kids and adults. Weekend workshops and education classes also available.

[Sign up online](#) or
email: VRC@mcgregorinc.com



PERSONAL HEALTH COACHING

Receive individual care from the experts at the VEBA Resource Center. Sign up for health coaching on nutrition, exercise, flexibility and dieting. Convenient virtual and telephonic appointments are available.

[Schedule a session online](#) or
email: VRC@mcgregorinc.com



NURSE NAVIGATOR

The Nurse Navigator is there to support VEBA members who need the greatest amount of help. Nurse Navigators develop a tailored care management plan to keep members engaged and accountable in their health care. Convenient virtual and telephonic appointments are available.

Email: VRC@mcgregorinc.com

