

## Choosing a Provider Group that Meets Your Needs



UnitedHealthcare's participating medical groups offer comprehensive and personalized care in your community with a large and robust network of physicians, health care professionals and facilities located throughout Southern California.

The following HMO plans are available to you:

1. UHC Harmony HMO
2. UHC Performance HMO Network 1
3. UHC Performance HMO Network 2
4. UHC Performance HMO Network 3
5. UHC CS VEBA Alliance HMO 10
6. UHC Harmony Journey HMO

[Click here](#) to find a doctor near you or learn more about your plans.



### How to Choose Your UHC HMO Provider

To choose a provider for the UnitedHealthcare HMO plan, here are step-by-step instructions. In an HMO, you see your PCP first for most medical issues. You do not need a referral for mental health, chiropractic, or OB/GYN services.

To find provider or facility:

1. Go to [whyuhc.com/csveba](http://whyuhc.com/csveba)
2. Select "Search for a Provider" that appears near the top of the page
3. Scroll down and choose from the plan options
4. Select Continue
5. Select "Change Location" and enter your ZIP code, then select "Update Location"
6. Now you can search by People, Places, Service and Treatments, or Care by Condition

## Need Help Looking for a Provider?

### How to Find a Chiropractic or Acupuncture Provider (for UHC and Kaiser members)

Provided by OptumHealth Physical Health of California providers, which has more than 2,700 network providers in California.

Three ways to find a provider:

1. Go to [myoptumhealthphysicalhealthofca.com](https://myoptumhealthphysicalhealthofca.com) and select “Provider Locator.” Choose “California Schools VEBA” from the drop-down menu for Plan/Product.
2. Call Optum Member Services at [800-428-6337](tel:800-428-6337) (5 a.m. to 5 p.m., Pacific Time, Monday - Friday) for the most current and up to date information.
3. Call the provider directly to schedule an appointment and verify they are part of the Optum network for VEBA.

### Free VEBA Benefits

#### Teladoc Medical Experts

Free access to medical experts to make sure you have the correct treatment and diagnosis. [Visit their site.](#)

#### Optum EAP

Get through life’s challenges with counseling, budgeting, legal advice, child and eldercare support, and more! Visit [liveandworkwell.com](https://liveandworkwell.com) (access code: VEBA) or call [888-625-4809](tel:888-625-4809).

#### VEBA Advocacy

Navigating healthcare can be difficult at times. Our Advocacy team is here to help you.

Call [888-276-0250](tel:888-276-0250) or email [Advocacy@mcgregorinc.com](mailto:Advocacy@mcgregorinc.com)



### Benefit Contacts

Benefit	Website	Phone
Delta Dental HMO	<a href="https://deltadentalins.com">deltadentalins.com</a>	800-422-4234
Delta Dental PPO	<a href="https://deltadentalins.com">deltadentalins.com</a>	866-499-3001
Express Scripts (UHC members)	<a href="https://express-scripts.com">express-scripts.com</a>	800-918-8011
EyeMed (formerly MES Vision)	<a href="https://eyemed.com">eyemed.com</a>	866-939-3633
HealthInvest HRA (HRA for Journey Plan)	<a href="https://healthinvesthra.com">healthinvesthra.com</a>	844-342-5505
Inside Rx Pets	<a href="https://insiderxpets.com">insiderxpets.com</a>	800-722-8979
Journey Plan	<a href="https://journeyplan.org">journeyplan.org</a>	888-586-6365
Kaiser	<a href="https://my.kp.org/veba">my.kp.org/veba</a>	800-464-4000
Optum Employee Assistance Program	<a href="https://liveandworkwell.com">liveandworkwell.com</a> access code: VEBA	888-625-4809
Optum Health (Chiro/Acu for UHC and Kaiser)	<a href="https://myoptumhealthphysicalhealthofca.com">myoptumhealthphysicalhealthofca.com</a>	800-428-6337
SIMNSA	<a href="https://simnsa.com">simnsa.com</a>	800-424-4652
Teladoc Medical Experts	<a href="https://teladoc.com/medical-experts/">teladoc.com/medical-experts/</a>	800-835-2362
UnitedHealthcare (UHC)	<a href="https://whyuhc.com/csveba">whyuhc.com/csveba</a>	888-586-6365
VEBA Advocacy	<a href="mailto:Advocacy@mcgregorinc.com">Advocacy@mcgregorinc.com</a>	888-276-0250

### Questions?

- » Go to [myveba.org](https://myveba.org)
- » Call VEBA Advocacy at [888-276-0250](tel:888-276-0250) or email [Advocacy@mcgregorinc.com](mailto:Advocacy@mcgregorinc.com)
- » Contact your HR/Benefits department