

INFORMATION FOR VEBA MEMBERS

At-Home COVID-19 Testing Update

U.S. households can now order another set of 4 free at-home COVID-19 tests. If you've already ordered one set, go to covidtests.gov to place another order. If you have not ordered any tests, you can order up to 8 free at-home COVID-19 tests at covidtests.gov. The tests are completely free and will usually ship in 7-12 days.

Once you receive your tests, please note they will have an expiration date, which is included on the box. To learn more, visit covidtests.gov/faq.

A reminder that over-the-counter (OTC), at-home COVID-19 diagnostic tests are now reimbursable by health insurance as well. For full details, visit the [VEBA COVID-19 resource page](#).

Emotional Health Resources for VEBA Members

As a VEBA member, you have a variety of resources available to take care of you. Whether you are feeling stressed or would like to talk to someone, carve out some time for self-care this month.

- This month's Optum's [e-newsletter](#) can help you prioritize self-care, show yourself kindness and enhance sleep by limiting use of electronic devices.
- Optum provides a free emotional support line for VEBA members, friends and family. Call **866-342-6892** to speak to a professionally trained mental health expert 24 hours, 7 days a week.
- Talkspace online therapy. Talkspace offers therapy when you need it – no appointment necessary. Connect virtually with a licensed, in-network provider, including unlimited text messaging as well as real-time audio/video appointments. [Get started online.](#)
- Expedited appointments are available to VEBA members through Psych Centers at San Diego. Group therapy and personalized therapy telehealth sessions are available through your Optum EAP benefit. Contact Optum at **888-625-4809** or VEBA Advocacy at **888-276-0250** or email advocacy@mcgregorinc.com to obtain an authorization code. Once you receive an authorization code, you can call PCSD at **619-528-4600 ext. 7878** to schedule your appointment.