How to Locate a UHC Provider

UnitedHealthcare's (UHC) 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 Performance HMO Network 1
2. UHC Performance HMO Network 3
3. UHC CS VEBA Alliance HMO 20
4. UHC Harmony Journey HMO
5. UHC CS VEBA Alliance Journey HMO

Visit whyuhc.com/csveba to learn more about your plans.

Find 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
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 Another Provider?

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

Provided by OptumHealth Physical Health of California, which gives you access to a network of over 2,700 providers.

Three ways to find a provider:

1. Go to myoptumhealthphysicalhealthofca.com and select "Provider Locator." Choose "California Schools VEBA" from the drop-down menu for Plan/Product

2. Call Optum Member Services Monday - Friday from 5 am-5 pm at 800-428-6337 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

How to Choose Your UMR PPO Provider

For the UMR NexusACO PPO plan, you will need to select a PCP. Follow the directions below to find a provider or facility:

1. Go to umr.com

2. Click on "Find a Provider"

3. In the search box, enter "NexusACO" to bring up the UnitedHealthcare NexusACO Network, or scroll down to the "U" menu and choose the UnitedHealthcare NexusACO Network

4. Click "View Providers" to be taken to the search menu

5. Search by Name, Specialty, Facility, or Zip code

6. Choose a Tier 1 PCP for the highest level of coverage

Benefit Contacts

Benefit	Website	Phone
Carrum Health	info.carrumhealth.com/csveba/	888-855-7806
Delta Dental HMO	deltadentalins.com	800-422-4234
Delta Dental PPO	deltadentalins.com	866-499-3001
Express Scripts (UHC members)	express-scripts.com	800-918-8011
HealthInvest HRA (HRA for Journey Plans)	healthinvesthra.com	844-342-5505
Inside Rx Pets	insiderxpets.com	800-722-8979
Journey Plan	journeyplan.org	888-586-6365
Kaiser Permanente	my.kp.org/veba	800-464-4000
Optum Employee Assistance Program	liveandworkwell.com access code: VEBA	888-625-4809
OptumHealth (Chiro/Acu for UHC and Kaiser)	myoptumhealthphysicalhealthofca.com	800-428-6337
Teladoc Medical Experts	teladoc.com/medical-experts/	800-835-2362
UMR	umr.com	800-826-9781
UnitedHealthcare (UHC)	whyuhc.com/csveba	888-586-6365
VEBA Advocacy	vebaonline.com/contact	888-276-0250
Western Dental	westerndental.com	800-992-3366

Questions?

» Go to myveba.org
» Call VEBA Advocacy at 888-276-0250 or visit vebaonline.com/contact
» Contact your Employee Benefits Department