



**ANA MORALES**  
VEBA member

**VEBA** now represents 65 public agencies and nearly 150,000 employees and dependents. Our members are teachers, administrators, counselors, maintenance workers and others.

## VEBA RESOURCE CENTER BELIEVER

#centeredaroundyou

Ana Morales has found her wellness thanks to VEBA. Now she's opening the door for others to see the light.

A manager in the San Diego Unified School District's Translation Department, Morales has experienced marked improvements with her blood pressure and cholesterol levels since she turned to VEBA. Her experience has prompted Morales to help bring wellness services to the school district's Instructional Media Center where she works.

**"I cannot say enough good things about the VEBA Resource Center and what it has to offer. They meet you where you are on your path to wellness. They give you the push you need to think about your health and take care of yourself."**

*At the VRC, we look beyond symptoms to understand what's really occurring with our members and why. This customized approach results in better care for our members and lower health care costs for their employers.*

Morales' journey began with what VEBA calls a Reboot Camp, an all-day Saturday introduction to the VEBA Resource Center in Mission Valley. Morales, 56, later met with a care navigator who helped her establish a wellness plan comprising three defined goals and how to reach them. That led Morales to visit the Resource Center after work for sessions involving yoga and acupuncture.

But Morales felt more was needed. So, as a member of San Diego Unified's Wellness Council, she pushed to bring classes to the district's Instructional Media Center. Since September, monthly classes have included meditation, clean living, and Your Healthy Heart. Other classes, such as yoga, are held weekly and draw a dozen or more people at a time.

"I had never done yoga before, but it's absolutely amazing. The meditation classes also have been very helpful for me and my employees. Overall, I am extremely happy with what the VEBA Resource Center has to offer us. It's made a difference not only for me, but for my staff. If my staff is happy, I'm happy."