



ANGELA PEREZ
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 A LIFE-CHANGER

#centeredaroundyou

Angela Perez is a believer.

A San Diego Unified School District facilities planner who is recovering from injury, Perez didn't hesitate to work with the VEBA Resource Center in Mission Valley for comprehensive holistic health care to complement her medical treatment from Kaiser Permanente.

She couldn't be happier.

"It has been an excellent experience. When you combine traditional medicine with a holistic approach, that's when you can really experience true healing."

Perez gave the VEBA Resource Center a try while recovering from her injury.

Holistic health nurse Michelle McNiff reviewed Perez's health history and discussed her goals before working with Perez to map out a plan that incorporating acupuncture, meditation and yoga mobility classes in the evenings, all of which have helped manage Perez's pain, increase her movement, and reduce her stress, and all of which complement the care she has been receiving from Kaiser.

"I'm grateful for the VEBA Resource Center and everything it has to offer," said Perez. "Michelle is absolutely amazing. She's a godsend."

Best of all, services provided at the Resource Center are free.

"The VEBA Resource Center provides a real opportunity to improve your health and well-being...so you can really experience true healing."

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.