

Take advantage of no cost benefits to help you get and stay healthy



BENEFIT HIGHLIGHTS



AVAILABILITY AND HOW TO GET STARTED

<p>24/7 Help with Personal Concerns <i>SISC Employee Assistance Program</i> Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.</p>	<p>Free to all employees at SISC member districts Call 800-999-7222 Visit anthemEAP.com/sisc</p>	
<p>24/7 Virtual Primary Care Doctor <i>Centivo Care</i> Virtually connect with a primary care team to manage all of your healthcare needs. Centivo providers diagnose conditions, manage prescriptions, refer to specialists, and answer follow-up questions using video visits or live chat.</p>	<p>Free to Anthem & Blue Shield PPO members Scan the QR code to download the app & register for Centivo Care Visit: https://centivocare.com/sisc/</p>	
<p>Personal Health Coaching and Therapy <i>Vida Health</i> Get access to one-on-one health coaching, therapy, chronic condition management, health trackers and other tools in one convenient smart phone app.</p>	<p>Free to Anthem and Blue Shield members Call 855-442-5885 Visit vida.com/sisc</p>	
<p>24/7 Physician Access—Anytime, Anywhere <i>MDLive</i> Access 24/7 virtual urgent care services and appointment-based mental health services (psychiatry and therapy available for ages 10 and up). Physicians can prescribe medication when appropriate.</p>	<p>Anthem and Blue Shield members Call 888-632-2738 Visit mdlive.com/sisc</p>	
<p>Free Generic Medications <i>Costco</i> Access most generic medications at no cost through Costco retail and mail order pharmacies. You don't need to be a Costco member. A deductible may apply to HSA members.</p>	<p>Anthem and Blue Shield members Call 800-774-2678 (press 1) Visit costco.com/pharmacy</p>	
<p>Virtual Menopause Care <i>Midi Health</i> Access virtual visits to address Perimenopause & Menopause symptoms. Expert clinicians can help with treatment plans, prescriptions, & lifestyle changes tailored to individual needs. A deductible may apply to HSA members.</p>	<p>Anthem and Blue Shield PPO members standard cost-share applies Visit www.joinmidi.com/sisc</p>	



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Expert Medical Opinions

Teladoc Medical Experts

Get answers to healthcare questions and receive advice related to any medical issue or concern. Your case can also be reviewed by world-leading experts who will review your diagnosis and treatment plan to provide a formal expert opinion.

Free to Anthem, Blue Shield, and Kaiser Permanente members

Call 800-835-2362

Visit teladochealth.com/SISC



Physical Therapy for Back or Joint Pain

Hinge Health

Conquer pain, recover from an injury, or reduce joint stiffness with Hinge Health. You'll get personalized exercise therapy, instant feedback, unlimited one-on-one coaching, and a physical therapist all through a convenient smart phone application.

Free to Anthem and Blue Shield PPO members

Call 855-902-2777

Visit hingehealth.com/sisc



24/7 Access to Virtual Maternity and Postpartum Support

Maven

Connect with a care advocate who will guide you through various tools and resources related to pregnancy and postpartum care. Get private visits with gynecologists, specialists, therapists, and 30 other maternity and postpartum provider types.

Free to Anthem and Blue Shield PPO members

Visit mavenclinic.com/join/SISC



Hip, Knee, and Spine Surgical Benefit

Carrum Health

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefit covers all related travel and medical bills. A *deductible may apply to HSA members*.

Free to Anthem and Blue Shield PPO members

Call 888-855-7806

Visit info.carrumhealth.com/sisc/



Enhanced Cancer Benefit

Lantern Cancer Care

Get help from a personal oncology nurse who can partner with you on every step of your cancer journey, including a review of your initial diagnosis and development of a care plan.

Free to Anthem and Blue Shield PPO members

Visit <https://lanterncare.com/>



Autoimmune Support

WellTheory

An autoimmune expert team provides personalized nutrition and lifestyle coaching to fill in the gaps left behind by traditional treatments and medications. The program may also benefit those experiencing chronic symptoms such as muscle and joint pain, fatigue, digestive issues, and/or skin problems.

Free to Anthem and Blue Shield PPO members

Visit welltheory.com/partner/sisc

