

**SISC**Self-Insured Schools of California
Schools Helping Schools

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

**BENEFIT HIGHLIGHTS****24/7 Help with Personal Concerns***SISC Employee Assistance Program (EAP)*

Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.

**24/7 Virtual Primary Care Doctor***Centivo Care*

Skip the waiting room and get quick answers with primary care in your pocket. Use the Centivo app for same-day appointments, prescriptions, and follow-up care through secure video or live chat.

**24/7 Physician Access – Anytime, Anywhere***MDLive*

Access 24/7 virtual urgent care and appointment-based mental health services, including therapy and psychiatry for members ages 10 and older. Prescriptions may be provided when appropriate.

**Expert Medical Opinions***Teladoc Medical Experts*

Get answers to any medical question and a second opinion from world-leading experts. Specialists can review your diagnosis and treatment plan to help you make informed decisions.

**Free Generic Medications***Costco*

Get most generic prescriptions at no cost through Costco retail or mail-order pharmacies—no Costco membership required. Enjoy free home delivery from your local Costco via Instacart, with a text sent once your prescription is ready. Easy, convenient, and hassle-free.

**24/7 Access to Virtual Maternity and Postpartum Support***Maven*

Connect with specialists and a care advocate from pregnancy to postpartum, and enjoy a free 6-month diaper subscription when you enroll before your third trimester.

AVAILABILITY AND HOW TO GET STARTED

Free to all SISC members
Call 800-999-7222
Visit anthemeap.com/sisc



Visit centivocare.com/sisc/
Scan the QR code to download
the free Centivo Care app
[Apple store](#)
[Android store](#)



Free to Anthem and
Blue Shield members
Call 888-632-2738
Visit mdlive.com/sisc



Free to Anthem, Blue Shield, and
Kaiser Permanente members
Call 800-835-2362
Visit teladochealth.com/SISC



Free to Anthem and
Blue Shield members
Call 800-774-2678 (press 1)
Visit Costco.com/pharmacy
A deductible may apply for HSA
members.



Free to Anthem and
Blue Shield PPO members
Visit mavenclinic.com/join/sisc



BENEFIT HIGHLIGHTS**AVAILABILITY AND HOW TO GET STARTED****MidiHealth****Hinge Health™****Carrum Health****LANTERN****WellTheory****vida****Virtual Menopause Care***Midi Health*

Expert menopause care from home. Get personalized treatment plans, prescriptions when appropriate, and lifestyle support through virtual visits. A deductible may apply for HSA members.

Free to Anthem and Blue Shield members
Standard cost-share applies
Visit joinmidi.com/sisc

**Physical Therapy for Back or Joint Pain***Hinge Health*

Conquer pain and restore mobility with personalized exercises and one-on-one guidance from a physical therapist. Plus, access to orthopedic specialists for extra support.

Free to Anthem and Blue Shield PPO members
Call 855-902-2777
Visit hingehealth.com/sisc

**Hip, knee, and spine surgical benefit***Carrum Health*

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefits cover all related travel and medical bills. A deductible may apply for 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 plans.

Visit lanterncare.com

**Autoimmune Support***WellTheory*

Take control of your autoimmune health. Work with expert coaches to fill gaps left by medications and ease chronic symptoms like pain, fatigue, and digestive issues.

Visit welltheory.com/partner/sisc

**Personal Health Coaching and Therapy***Vida Health*

Personalized support for your health. The Vida app offers one-on-one health coaching, therapy, chronic condition management, and easy-to-use health tracking tools.

Free to Anthem and Blue Shield members
Call 855-442-5885
Visit vida.com/sisc



Members on HSA & MEC are eligible. Per IRS guidelines, in person services are subject to deductible for HSA members.

