

Experience **BETTER...** with SISC's Value-Added Services

SISC offers much more than conventional benefits coverage. We provide access and convenience to our membership through these innovative programs.

SISC EAP

Call 1-800-999-7222

OR

Go to anthemEAP.com
and enter SISC.

Employee Assistance Program

SISC EAP

All SISC members may access free resources if they need help with personal concerns—emotional, marital, financial, interpersonal addiction and recovery, legal, stress, and more. Daycare and eldercare referral services are also available. The EAP is available to all members of the employee's household.

Counseling Services—Call EAP to schedule an in-person visit with a local provider

Confidential—Privacy is protected.

Convenient—24/7 access, holidays included.

Free of charge—No extra cost and no paperwork.

Advance Medical

Call 1-855-201-9925

OR

Go to advance-medical.net/sisc

Expert Medical Opinions

Advance Medical

Advance Medical provides members with access to the best health care possible by assisting patients with any and all healthcare questions. The benefit also provides access to medical opinions from world-leading experts without having to leave home.

No cost—This benefit is fully sponsored by SISC. It is available to members covered on SISC medical plans at no cost.

Convenient—Members can get started with a phone call.

MDLive

Register by calling
MDLive at
1-888-632-2738

OR

Go to mdlive.com/sisc

24/7 Physician Access—Anytime, Anywhere

MDLive

Our PPO and HMO members can consult with doctors and pediatricians over the phone or using online video for medical conditions such as cough, cold, fever, sore throat, flu, infection, bronchitis and children's health issues. MDLive physicians can diagnose and prescribe medication when appropriate. Online behavioral health visits are also available for confidential sessions with a licensed therapist or psychiatrist.

Convenient—24/7 access, including holidays.

Fast—No waiting to schedule an appointment or get a prescription.

Saves money—More cost-effective than the emergency room.

Costco

Call 1-800-774-2678
(press 1) to find a
Costco location.

Free Generic Medications

Costco

On most pharmacy plans, our PPO and HMO members can get free generic medications at Costco and through Costco Mail Order (excludes certain pain and cough medications).

Easy—Members take prescriptions to Costco pharmacy; no need to be a Costco member. *Retirees* enrolled in individual retiree plans are not eligible for these services.

Kaiser members are not included in the MDLive and Costco free generic programs.

Employee Assistance Program

Have questions about home, work or family?

Maybe you're a few months behind on bills and want to get back on track. Or you're new to town and looking for a daycare center. Whatever your concern, a call to the Employee Assistance Program (EAP) can help you through it.

What is EAP anyway?

You may have heard about EAP but aren't sure what it is. EAP is a service available to you and members of your household at no extra cost. It's designed to help you with everyday problems and questions, big or small. No need to fill out paperwork or make an appointment to speak with an EAP staff member. Just call 800-999-7222 or visit anthemEAP.com. You'll be connected in an instant, and we're here 24 hours a day, every day, to help you.

How we can help

When you or a household member contacts us, we'll work with you to figure out the next steps. If you need counseling, we can arrange several free visits with a licensed professional. If you have money or legal questions, we can put you in touch with a financial advisor or a lawyer.

If online help is more your style, visit anthemEAP.com. You'll find articles, checklists, quizzes and other helpful tools. You can browse resources, attend a webinar or take an online class—right at your own desk. Here are just some of the topics covered:

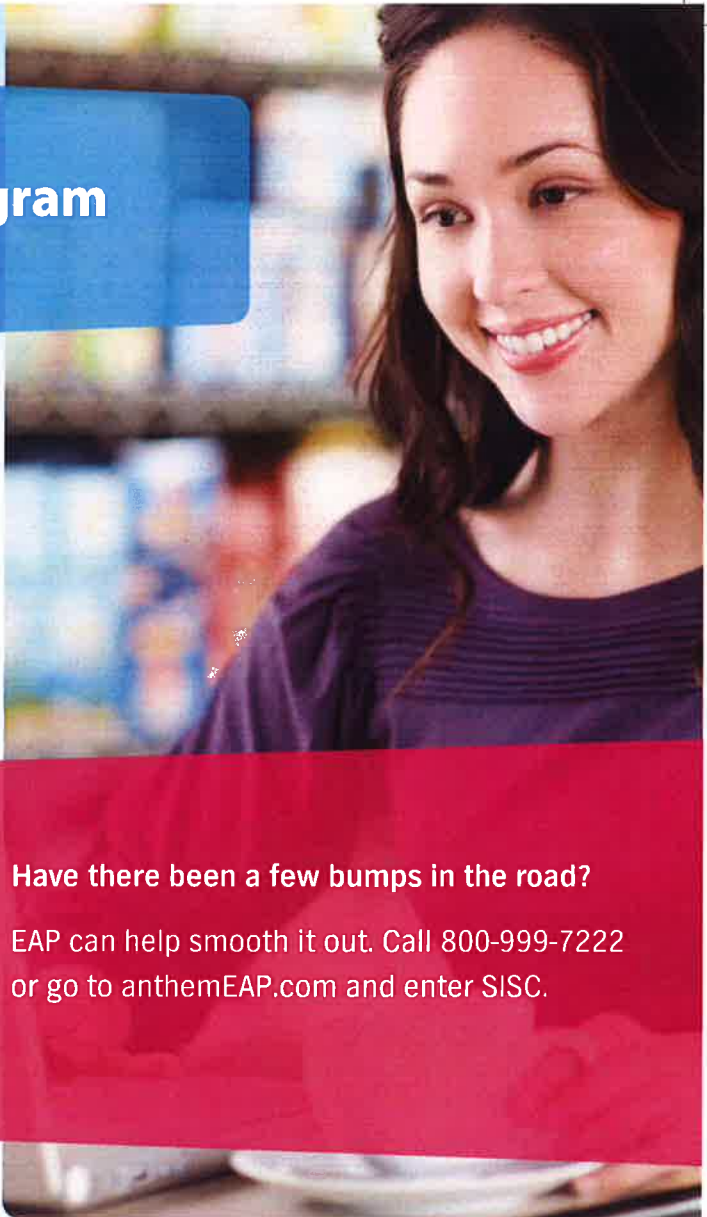
- Workplace safety
- Child and elder care resources
- Tobacco cessation
- Grief and loss
- Family health
- Home improvement
- Addiction and recovery
- Dealing with identity theft

Remember, EAP is here for you 24/7, so you can call at the time and place that are right for you. Your privacy is important to us. No one will know you've called EAP unless you give them permission in writing.*



*In accordance with federal and state law, and professional ethical standards.

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Have there been a few bumps in the road?

EAP can help smooth it out. Call 800-999-7222 or go to anthemEAP.com and enter SISC.

Expert Medical Opinions

How can you be sure of your diagnosis? Do you have the best treatment plan? Where can you get a reliable medical opinion?

Advance Medical matches patients to the leading doctors on their specific conditions, who work with you to be sure of your diagnosis and recommend the best path for treatment.

Ask us anything.

Talk to a doctor whenever you need

Our doctors have the time and freedom to help you and your family one-to-one, to help you understand what's happening, how to navigate the healthcare system, and get the best answers to your biggest questions, without delay.

With a focus on relationship-based care, our program brings medicine back to its human roots as a caring profession.



When it's your loved ones, it matters

We lessen the burden of caring for a sick family member, by getting the correct diagnosis and recommending the optimal course of treatment.

Save money, save heartache

The right diagnosis always saves you money. You'll avoid unnecessary procedures, harmful medications, and missed time at work. But your health matters more than the money you'll save. This is about saving time, saving anxiety, saving heartache, and saving lives.



It's free, it's easy, it's 100% confidential.
855.201.9925 | advance-medical.net/sisc

Advance Medical is fully sponsored by Self-Insured Schools of California.



All of Advance Medical's services including Expert Medical Opinion are available at no cost to all members covered by a SISC health plan.



Avoid the wait.

Your life is 24/7. Now your doctor is too.



Welcome to MDLIVE!

You're eligible, so activate your account today.



Consult with a board-certified doctor by phone, secure video, or MDLIVE App— anytime, from anywhere. Licensed behavioral health professionals also available by appointment via secure video



Average wait time is less than 10 minutes to see a state-licensed, board-certified physician averaging 15 years of practice experience



Your covered family members are also eligible, and we have pediatricians available 24/7

Non-emergency conditions we treat:

General Conditions \$5 Co-Pay

- Acne
- Allergies
- Cold / Flu
- Constipation
- Cough
- Diarrhea
- Ear problems
- Fever*
- Headache
- Insect bites
- Nausea / Vomiting
- Pink eye
- Rash
- Respiratory problems
- Sore throats
- Urinary problems / UTI*
- Vaginitis
- And more

Behavioral Health - Office Visit Co-Pay

- Addictions
- Bipolar disorders
- Child and adolescent issues
- Depression
- Eating disorders
- Gay/Lesbian/Bisexual/Transgender issues
- Grief and loss
- Life changes
- Men's issues
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Stress
- Trauma and PTSD
- Women's issues
- And more

e-prescriptions can be sent to your local pharmacy (if required) for medical conditions. Anthem and Blue Shield PPO and HMO members are eligible for MDLIVE services. Anthem and Blue Shield HSA members will pay the entire cost of the visit until their plan deductible has been satisfied.

ACTIVATE your account online or by phone.

MDLIVE.com/SISC
+1 800-657-6169

MD Download the MDLIVE App



*MDLIVE physicians may not treat any children with urinary symptoms. Parents/guardian will be required to complete a different medical history disclosure form for children under the age of 36-months prior to making an appointment with an MDLIVE physician. Children under 36 months who present with fever must be referred to their pediatrician (medical home), child-friendly urgent care center or emergency department for clinical evaluation and care.

MDLIVE does not provide any healthcare services and is not an insurance product or a prescription fulfillment warehouse. MDLIVE does not replace the primary care physician. MDLIVE operates subject to state regulation and may not be available in certain states. MDLIVE does not guarantee that a prescription will be written. MDLIVE does not prescribe DEA controlled substances, non-therapeutic drugs and certain other drugs which may be harmful because of their potential for abuse. Contents in this material are not a substitute for professional healthcare advice, diagnosis or treatment. MDLIVE healthcare professionals reserve the right to deny care for potential misuse of services. MDLIVE interactive audio consultations with store and forward technology are available 24/7/365 for medical services only, while video consultations are available during the hours of 7 am to 9 pm 7 days a week or by scheduled availability for medical and behavioral services. MDLIVE and the MDLIVE logo are registered trademarks of MDLIVE, Inc. and may not be used without written permission. For complete terms of use visit www.mdlive.com/pages/terms.html

This program is available to SISC members on participating drug plans.

To locate a Costco near you, call Costco at 1 (800) 774-2678 and press 1.

Get Free Generic Medications at Costco and Through Mail Order

- 1 Take your prescription for a generic medication to a Costco Pharmacy. This includes 90-day prescriptions and supplies.

You can also use your 90-day prescription to start Mail Order service.

- 2 Present the pharmacist with your insurance card.
- 3 Get your generic medication with a \$0 co-payment. (excluding some narcotic pain medications and some cough medications).

You do not have to be a Costco member to use their pharmacy. Just tell the associate at the front door you are going to their pharmacy.



CHANGE YOUR LIFE IN 16 WEEKS

Introducing a new covered benefit for Anthem Blue Cross Members

SISC + Anthem Blue Cross of California are pleased to announce a new benefit for qualified members.

It's a 16-week, cutting-edge program that can help you lose weight, adopt healthy habits and significantly reduce your risk of developing diabetes. And it's available at no cost to members that qualify.

You'll be able to choose from an array of national and local programs, like Weight Watchers®, Jenny Craig®, Retrofit and HealthSlate.

While programs differ, most include the following elements:



Access to a personal health coach



Weekly lessons



A small group for support



Tools like a wireless scale or an activity tracker

Find out if you qualify by taking a 1-minute quiz at solera4me.com/sisc



Experience Healthier

With SISC's Health Smarts Program

We offer a comprehensive health improvement program for members and their families at no cost.

Free Flu Shot Clinics

SISC partners with Costco to sponsor free flu shot clinics for districts and bargaining units who participate in the SISC program.

Confidential, Free Health Screenings

All district employees and SISC members age 18 and older can participate in free biometric screenings for total cholesterol, HDL cholesterol, blood glucose, blood pressure and other key ratios.

It's easy for the districts—just promote the screenings and members (both actives and retirees) and their family members enrolled in a SISC medical plan can make online appointments. Each participant receives a \$30 Amazon gift award code and is enrolled in subsequent award drawings.

No Cost Diabetes Prevention Program

Anthem and Blue Shield PPO members have access to the Solera4me diabetes prevention program that can help them lose weight, adopt healthy habits and significantly reduce their risk of developing diabetes.

Participants get access to a personal health coach, weekly lessons, small group support and tools like wireless scales and activity trackers.

Free Health Support for Chronic Conditions

All SISC members can take advantage of free tools and information to help manage diabetes and coronary artery disease. Resources include 24-hour phone access to nurse coaches who can answer members' questions and help them manage their conditions.

Live life to the fullest –
without paying full price



Save money with discounts at [anthem.com/ca](https://www.anthem.com/ca)

Saving money is good. Saving money on things that are good for you – that's even better. With SpecialOffers, you can get discounts on products and services that help promote better health and well-being.* It's just one of the perks of being a member. Check out how much you can save:

Vision and hearing

1-800 CONTACTS® – Get contact lenses quick and easy – plus discounts only available to Anthem members, like \$20 off when you spend \$100 or more and free shipping.

Glasses.com™ – Get the latest, brand-name frames for just a fraction of the cost at typical retailers – every day. Plus, you get an additional \$20 off orders of \$100 or more, free shipping and free returns.

Premier LASIK – Save 15% on LASIK with all in-network providers. Prices are as low as \$695 per eye with select providers.

Amplifon – Get a low-price guarantee with the seven top companies that work with Amplifon. Save \$50 on one hearing aid or \$125 on two. Plus, get a three-year repair/loss/damage warranty and a free two-year supply of batteries.

Beltone™ – Get hearing screenings and in-home service at no additional cost, and up to 50% off all Beltone hearing aids.

Fitness and health

Jenny Craig® – Join Jenny Craig and obtain 50% off All Access Enrollment plus 5% off all Jenny Craig Food.

Lindora® – Save 20% on weight-loss programs.

SelfHelpWorks – Choose one of the online Living programs and get a 40% discount to help you lose weight, stop smoking, manage stress or face an alcohol problem.

GlobalFit™ – Save on gym memberships and GlobalFit's Virtual Gym.

ChooseHealthy™ – Get preferred pricing on fitness club memberships and a one-week free trial. Enjoy discounts on acupuncture, chiropractors and massage – plus 40% off certain wellness products.

Performance Bicycle – Get \$20 off a purchase of \$80 or more in store or online.

Garmin – Save 20% on the vívoFit 2, vívosmart, vívoactive, or Forerunner 15 wearable activity trackers.



Special Offers on anthem.com/ca

Family and home

Safe Beginnings® – Babyproof your home while saving 15% on everything from safety gates to outlet covers.

VPI Pet Insurance – Get 5% off pet insurance. Get peace of mind knowing that you have help paying the medical costs for your pet's accidents, illnesses and routine medical care.

ASPCA Pet Health Insurance – Get 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

LinkWell – Get coupons for healthier products.

WINFertility® – Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

LifeMart® – Get great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

HelpCare Plus – Get discounts on Senior Care Services by paying \$11.25 per month. You even get a pharmacy discount card.

Medicine and treatment

Puritan's Pride – Save 10% and get free shipping on a large selection of vitamins, minerals, herbs, supplements and much more.

Allergy Control products – Save 25% on Allergy Control encasings for your bed. Plus, save 20% on a variety of doctor-recommended products for a healthier home and enjoy free shipping on orders of \$150 or more.

National Allergy® supply – Save 15% on mattress encasings, air filtration products, compressors and other products that can help relieve your allergy, asthma and sinus symptoms.

To find the discounts that are available to you, log in to anthem.com/ca and select **Discounts**.



* All discounts are subject to change without notice.

Si necesita ayuda en español para entender este documento, puede solicitarla sin costo adicional, llamando al número de servicio al cliente que aparece al dorso de su tarjeta de identificación o en el folleto de inscripción.

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