vida | SISC Self-Insured Schools of California

A personal health coach, to help you get healthier

Available at no cost to you, Vida Health matches you to a health coach with proven success in helping people improve nutrition, lose weight, manage stress and make the kind of lifestyle changes that lead to happier, healthier lives.

Whether you want to focus on nutrition, weight loss, anxiety, depression or simply building healthy routines one day at a time, your coach will develop a personal plan and guide you every step of the way.

You can sync devices – like fitness trackers, scales, and blood sugar meters – to monitor your progress in the app. And simple lessons and practices will help you create new healthy habits to last a lifetime.

"I got farther in 1 year than I have in 2 decades of trying on my own." - Jenny

"In less than a year, I have lost 75 pounds and I'm no longer on blood pressure medication." - Natalie

"My energy is high every day, I am far less irritable, I've lost more than 25 pounds, and every aspect of my life has improved!" - Brad

- Download the app
- Choose your coach, therapist or nutritionist
- Set your goal
- Have weekly video calls and message anytime
- Develop new healthy habits

Download the Vida Health app from your phone's app store or visit vida.com/sisc to learn more (Available at no cost to you)

GET IT ON Google Play | Download on the App Store

Anthem and Blue Shield PPO and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health. Per IRS guidelines, this is subject to deductible for HSA members.

Programs to fit your needs

CHRONIC			THERAPY	LIFESTYLE		
Manage COPD	Lower blood pressure	Lower cholesterol	Reduce depression	Quit smoking	Lose weight	Exercise more
Manage Asthma	Prevent diabetes	Manage Diabetes	Reduce anxiety	Sleep better	Manage stress	Eat better

Become your healthiest self with Vida

Elaine has lost 28 pounds and 9+ inches from her waist. She tracked her weekly progress:

Week 1: "Heartburn gone."

Week 3: "Used a Fitbit to start 6,000 steps per day."

Week 5: "Vida coach taught me to use food as medicine. Kept up with my son at the trampoline park!"

Week 7: "A lot of people have noticed the 15-pound loss."

Week 9: "My body is functioning as it did 10 years ago."

Week 16: "Put on the size 5 ring my daughter bought me!!!"

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