



SISC
Self-Insured Schools
of California



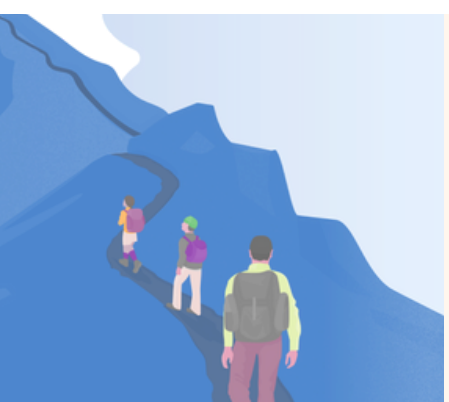
May is Mental Health Awareness Month

May is Mental Health Awareness Month, so it's a great time to reflect on your own mental health and start taking action to improve your well-being.

With Vida Health, you get a free health coach or therapist who can help you every step of the way.

Vida members are able to reduce their stress by 33% after just 6 months. And those who work with a therapist reduce their depression by 60% and anxiety by 58% after 6 months.

When your mental health is suffering, it can lead to fatigue, upset stomach, headaches, weight gain, and insomnia. So taking the time for self-care can help your body and your mind. Here are a few ways to incorporate self-care into every day:



Relax: This might be a warm bath, some "me" time, or any calm activity that helps you decompress.

Move: Take a walk, go for a jog, do some yard work — just about any exercise can give your mental health a boost.

Limit: Set boundaries and manage your time wisely by reserving some for yourself. You can better meet others' needs if you keep your energy refilled.

Connect: Find ways to connect with others who make you feel supported.

Let's face it, we could all use a little extra support. Your free health coach or therapist is waiting.

Not a Vida member yet? Download the 'Vida Health' app from your phone or mobile device to get started. To learn more, visit vida.com/sisc



Anthem and Blue Shield PPO and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health. If you're an HSA member you may be responsible for payment until you've met your deductible.

