SISC
Self-Insured Schools of California
Schools Helping Schools

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

BENEFIT HIGHLIGHTS	AVAILABILITY AND HOW TO GET STARTED
24/7 Help with Personal Concerns *SISC Employee Assistance Program* Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.	All employees at member districts **Call** 800-999-7222 **Visit** anthemEAP.com/SISC
24/7 Virtual Primary Care Doctor *Eden Health* Virtually connect with a primary care physician to manage all your physical and mental healthcare needs. Eden providers diagnose conditions, manage prescriptions, refer to specialists, and answer follow up questions using video visits or live chat.	Anthem and Blue Shield PPO members **Scan the QR code to download the Eden Health app, and register for your Eden Health membership.**
Personal Health Coaching *Vida Health* Get one-on-one health coaching, therapy, chronic condition management, health trackers and other tools and resources online or via phone.	Anthem and Blue Shield members **Call** 855-442-5885 **Visit** vida.com/sisc
24/7 Physician Access—Anytime, Anywhere *MDLive* Access to virtual visits with psychiatrists and therapists for members age 10 and up. Virtual urgent care services are available to all members. Physicians can prescribe medication when appropriate. *copays may apply	Anthem and Blue Shield members **Call 800-657-6169** **Visit** mdlive.com/sisc
Free Generic Medications *Costco* Access most generic medications at no cost through Costco retail and mail order pharmacies. You don't need to be a Costco member.	Anthem and Blue Shield members **Call** 800-774-2678 (press 1) **Visit** costco.com

Per IRS guidelines, SISC HSA & MEC $9000 Members may not be eligible for these programs.

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BENEFIT HIGHLIGHTS	AVAILABILITY AND HOW TO GET STARTED
Expert Medical Opinions *Teladoc Medical Experts* Get answers to health care questions and second opinions from world-leading experts.	Anthem, Blue Shield, and Kaiser Permanente members **Call** 855-380-7828 **Visit** teladoc.com/SISC
Physical Therapy for Back or Joint Pain *Hinge Health* Get access to free wearable sensors and monitoring devices, unlimited one-on-one coaching and personalized exercise therapy.	Anthem and Blue Shield PPO members **Call** 855-902-2777 **Visit** hingehealth.com/sisc
24/7 Access to Virtual Maternity and Postpartum Support *Maven* Consult with a care advocate who connects you with trustworthy content delivered by doctors, specialists coaches and other maternity providers to help deal with pregnancy and postpartum concerns.	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.	Anthem and Blue Shield PPO members **Call** 888-855-7806 **Visit** info.carrumhealth.com/sisc
Enhanced Cancer Benefit *Contigo Health* Consult experts on initial diagnosis and development of a care plan. Benefit includes care coordination services with at home provider, transportation, and more.	Anthem and Blue Shield PPO members **Call** 877-220-3556 **Visit** sisc.contigohealth.com

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