



Added Value Programs for Blue Shield members

With you every step of the way

Emotional Well-being Resources offer help when you need it



Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Go to anthemEAP.com and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

A wealth of resources at your fingertips



Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.



Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.



Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.



Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.

AnthemEAP



SISC
Self-Insured Schools of California
Schools Helping Schools

 **learntolive**

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. Anthem is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

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Expert advice when you need it most.



Our world-renowned Medical Experts can help you make confident medical decisions about a diagnosis, treatment option, or the need for surgery.

Get an Expert Medical Opinion

Are unsure about a diagnosis or need help deciding on a treatment option

Find a Doctor

Need help finding a doctor who specializes in your condition

Get Critical Case Support

Have been admitted into the hospital and want medical expert guidance

Medical Records eSummary

We collect and organize your medical records and create a personal health summary in one secure file.

Ask the Expert

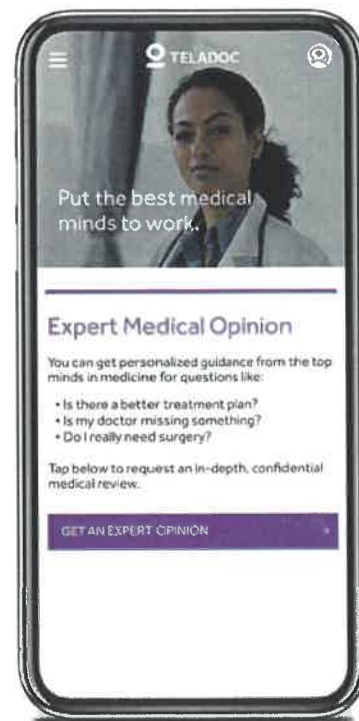
Have medical questions or concerns and want a leading expert's advice

Use Behavioral Health Navigator

Need guidance on a mental health condition or treatment that isn't improving

Get Treatment Decision Support

Need guidance and clarity on treatment options to make the best decision for your health



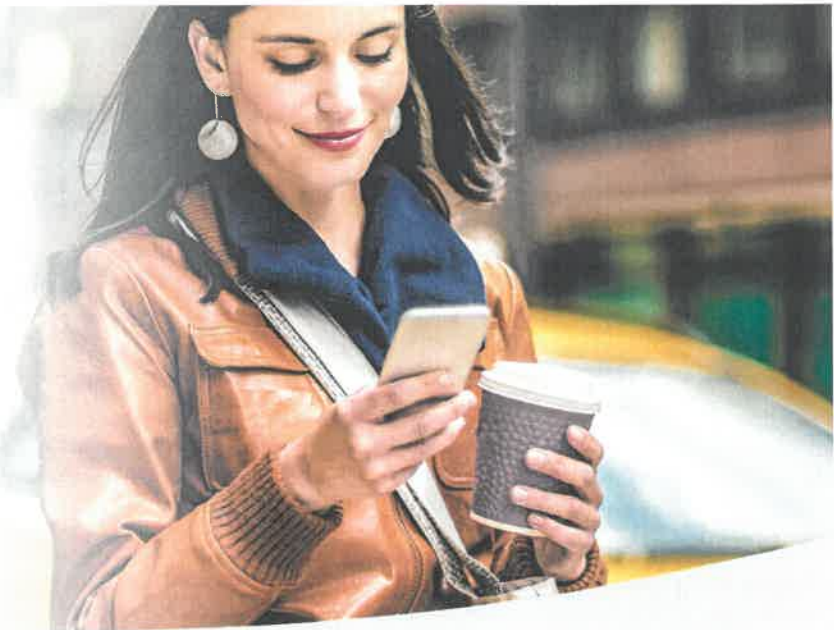
We're here to help. Call us today. 1-800-TELADOC (835-2362)

www.teladoc.com/sisc | Download the app



Need a doctor? No long wait. Now \$0 copay Always open.

With MDLIVE, you can visit with a doctor 24/7 from your home, office or on-the-go.



Welcome to MDLIVE!
Your anytime, anywhere
doctor's office.

Visit a doctor by phone, secure video, or MDLIVE App. Pediatricians are available 24/7, and family members are also eligible. Behavioral health and psychiatric visits are available from the convenience of your own home.

Per IRS guidelines, HSA members are responsible for the full cost of the visit until their deductible is met.

Your COPAY is \$0

**Your copay is \$0 for
all visits through
September 2023**



U.S. board-certified doctors with an average of 15 years of experience.



Consultations are convenient, private and secure.



Prescriptions can be sent to your nearest pharmacy, if medically necessary.

We treat over 50 routine medical conditions including:

- 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



Download the app.
Join for free. Visit a doctor.

MDLIVE.com/sisc
1-800-657-6169



SISC

Self-Insured Schools of California
Schools Helping Schools

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.

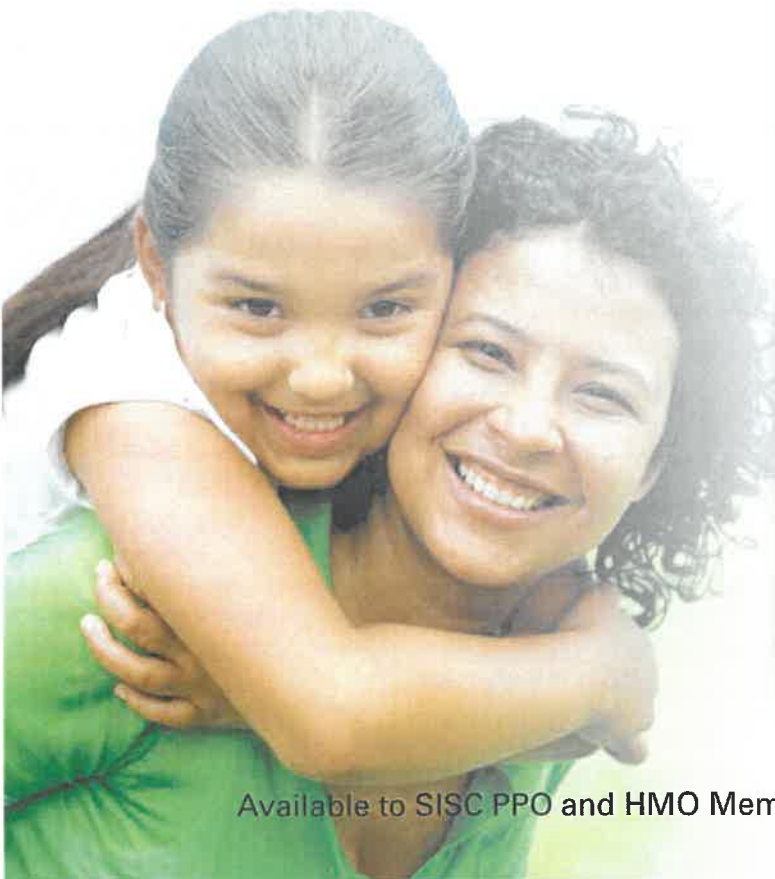
Get Free Generic Medications at Costco and Through Mail Order

- 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.



Available to SISC PPO and HMO Members. Not available to Kaiser Members.





THE SMARTER SURGERY BENEFIT

Considering surgery? Carrum Health is your premium surgery benefit, offered through Self Insured Schools of California (SISC), that allows employees and dependents to access top surgeons and hospitals across the country at **no additional cost** to you, including travel*.



EXPLORE YOUR OPTIONS

A wide range of **covered procedures** at hospitals across California that specialize in the care you need.



CHOOSE THE BEST

Pick from among our highly-qualified surgeons who have performed **hundreds of medical procedures** on average.



WE'LL TAKE IT FROM HERE

Your **travel will be fully-covered** with a dedicated patient care specialist to help guide you through every step of the process.

PROCEDURES FULLY COVERED FOR YOU:



HIP



SPINE



KNEE

LEARN MORE:

CALL: 1-888-855-7806

TEXT: "SISC" to 555888



VISIT: CARRUM.ME/SISC

Most SISC members on Anthem Blue Cross or Blue Shield of California PPO plans are eligible to use this optional benefit. It must be accessed through Carrum Health.

*Per IRS rules, a portion of the covered travel expenses will be reported as taxable income to the employee. Due to IRS regulations, on HSA plans the deductible applies but coinsurance is waived.

MORE PROVIDERS, MORE COVERAGE

Carrum Health allows you to explore the best surgery options available so that you and your family can receive the highest quality care, with the least amount of stress, regardless of where you live.

YOUR CARRUM HEALTH HOSPITAL SPOTLIGHT:



THE BEST SURGEONS

To provide the highest-quality care for our patients, we use rigorous analysis to select top-quality surgeons, by procedure, at the best hospitals and surgical centers.



Less complications compared to average California facilities



Fewer readmissions compared to average California facilities



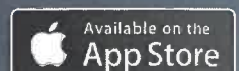
Our surgeons perform up to 4x as many of your surgeries

VISIT: [CARRUM.ME/SISC](https://carrum.me/sisc)

LEARN MORE:

CALL: 1-888-855-7806

TEXT: "SISC" to 555888



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SISC

Self-Insured Schools of California
Schools Helping Schools

A cancer diagnosis is scary.

If you or a covered family member is facing a cancer diagnosis,

you are not alone.

The SISC Oncology Center of Excellence Program is here to help you navigate a cancer journey.

This benefit provides access to the City of Hope and is offered to SISC members on Anthem and BlueShield PPO plans at no additional cost to you*

- An in-person or virtual evaluation – (travel costs covered for patient and a companion)
- A recommended care plan from a cancer expert who will discuss it with you and your treating oncologist
- Continued access to cancer care experts for 12 months following the evaluation.



We are just a phone call away.

Learn more about the program and how to initiate care by calling Contigo Health (formerly Health Design Plus) at 877-220-3556, Monday through Friday, 6 a.m. - 6 p.m. PST

*Per IRS guidelines, this benefit is subject to the deductible for members enrolled on HSA plans. Excluding 65+ PPO Plans.



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.

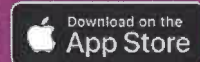
You can sync devices – like fitness trackers, scales, and blood sugar meters – to monitor your progress in the app. And simple lessons and practices will help you create new healthy habits to last a lifetime.

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



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.



Download the app



Choose your coach,
therapist or nutritionist



Set your goal



Have weekly video calls
and message anytime



Develop new
healthy habits

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!"

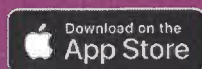
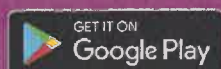
Week 7: "A lot of people have noticed the 15-pound loss."

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

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



Download the **Vida Health** app from your phone's app store (Available at no cost to you)



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.



Conquer back or joint pain without drugs or surgery

Members on the SISC Anthem PPO or Blue Shield PPO medical plans get ***free access** to Hinge Health's innovative digital programs for **back, knee, hip, neck, or shoulder pain**. Sign up for:

- Free wearable sensors & monitoring device
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 30,000 members have participated in our programs so far, and cut their pain by over 60%!

*Participation is free for members who are not on a HDHP/HSA plan. Program fee for members on an HDHP/ HSA plan is subject to the deductible.



To learn more call (855) 902-2777, or apply at:
HINGEHEALTH.COM/SISC

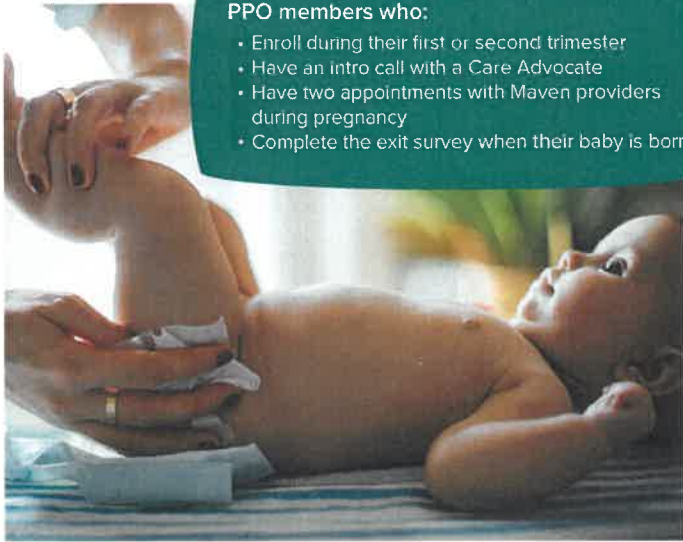


Free on-demand care for your parenthood journey

SISC is providing PPO members with free access to Maven virtual care for pregnancy and postpartum support. Use Maven for 24/7 access to doctors, specialists, coaches, and trustworthy content tailored to your experience.

Free 6-month diaper subscription for SISC PPO members who:

- Enroll during their first or second trimester
- Have an intro call with a Care Advocate
- Have two appointments with Maven providers during pregnancy
- Complete the exit survey when their baby is born



What is Maven?

Maven offers 24/7 virtual access to one-on-one maternity and postpartum support. Eligible SISC PPO members are matched with a Care Advocate who connects them to trustworthy maternity and postpartum content.

How do I use Maven?

Download and log into the Maven Clinic app to access maternity and postpartum doctors, specialists, coaches, mental health experts, and so much more.

Support at every stage of your journey

Pregnancy

- ✓ Midwives, OB-GYNs, Doulas
- ✓ Birth Planning
- ✓ Prenatal Nutritionists
- ✓ Mental Health Specialists
- ✓ Loss Support

Postpartum

- ✓ Infant Care Advice
- ✓ Pediatricians
- ✓ Lactation Counseling
- ✓ Infant Sleep Coach

Return to work

- ✓ Emotional Support
- ✓ Back-to-Work Support
- ✓ Career Coaching



To activate your membership:

- Download the Maven Clinic app
- Visit mavenclinic.com/join/SISC
- Scan the QR code

New members get a **Maven Welcome Box** when they enroll!



\$0 copay for the first three PCP visits

Having a doctor who knows your family history and your situation can make a difference in your care. When you see your primary care physician (PCP) regularly, you build a relationship that lets your PCP learn more about you and how to take care of your health.



Starting October 1, 2020, if you have a Self-Insured Schools of California (SISC) PPO plan, you may be eligible to have your copays waived for your first three visits to your PCP in a calendar year.

Your PCP can be a family or general practitioner, internist, gynecologist, obstetrician, pediatrician or nurse practitioner who:*

- Sees you for yearly checkups and preventive care.
- Learns about your family medical history.
- Treats minor illnesses and injuries.
- Helps manage your care if you have a chronic condition, like heart disease or diabetes.
- Offers advice to help you make informed decisions about care.

Find out if your SISC PPO plan is eligible

Look at your Benefits Booklet or contact Member Services at the phone number on your Member ID card to see if you qualify for \$0 copay for the first three visits. We are here to help you understand your benefits and put your care first.



Choose a PCP

To search for in-network doctors who qualify as PCPs, go to blueshieldca.com/sisc.

See the next page for frequently asked questions about this new benefit.

What is a primary care physician (PCP)?

A PCP is your main doctor or health professional who provides most of your care. He or she coordinates your total care — from preventive checkups and routine medical care to specialized care and hospitalizations. A PCP's job is to provide basic care and to give you someone to reach out to for advice and direction when you have a health problem.

What kind of a doctor does my PCP have to be?

Your PCP can be any of these providers who are generalists, under the following specialties: family doctor, general practice doctor, internist or internal medicine doctor, OB/GYN, pediatrician or nurse practitioner.

Do I need to choose a PCP and obtain a referral to see a specialist?

No. You have the freedom to use any doctor or hospital without being required to choose a PCP or get referrals.

What if I want to use a specialist as my PCP?

Your plan's office visit copay will apply to your specialist visit.

Can I use a provider who is outside of the Blue Shield network?

Yes, but you will not have a \$0 copay for the first three PCP visits. When you see network providers, you only have to pay the copays, deductibles and coinsurance required by your health plan. If you get treatment from a provider outside the network, you may have to pay more for services. Look for more information in your Benefits Booklet. To search for doctors in your plan who qualify as PCPs, go to blueshieldca.com/sisc and log in.

Does the \$0 copay for the three visits apply for each covered member of the family?

You and your enrolled dependents are each eligible to have the copay waived for the first three primary care office visits at an in-network PCP each year.

Does the \$0 copay for the first three PCP visits mean that all services performed during the visit will be covered at 100%?

The \$0 copay for the first three office visits applies to the actual office visit only. Costs may apply for any other service performed in the office, like an X-ray, lab or treatment, after any deductible.

Does everyone in my family have to share the same PCP?

No. Each member of your family who is enrolled in the plan can choose his or her own PCP or personal doctor.

If I have an HSA-compatible plan, do I get my first three visits with a PCP covered at a \$0 copay?

No. The HSA-compatible plans, including HSA-A, HSA-B, Minimum Value and Anchor Bronze PPO plans, do not waive PCP copays.

Do preventive/well exam visits count toward the three \$0 copay visits?

No. You will continue to have \$0 copay preventive/well exam visits, as well as three additional \$0 copay visits for each eligible member in one calendar year.

What if my PCP tries to collect my copay during my office visit?

Kindly notify your doctor's office that your plan waives the copay for the first three visits to a PCP. Your doctor can contact the provider number listed on the back of your Member ID card to verify your benefits.