



SISC

Self-Insured Schools of California
Schools Helping Schools

Added Value Programs for SIMNSA 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



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 **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)

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