



# Take Advantage of NO COST Benefits to Help you get and Stay Healthy

## Employee Assistance Program: Help With Personal Concerns



Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.

Call 1-800-999-7222 or visit [anthemEAP.com/SISC](http://anthemEAP.com/SISC)

## Talkspace: Connect With a Therapist



One-on-one counseling and therapy for all employees and household members over 13 years of age.

Register at [talkspace.com/associatecare](http://talkspace.com/associatecare)  
organization name = EAP SISC

## Vida Health: Health Coaching & Therapy



Access to one-on-one health coaching, therapy, chronic condition management, health trackers and other tools in one convenient app.

Call 1-855-442-5885 or visit [vida.com/SISC](http://vida.com/SISC)

## Costco: Free Generic Medications



Access most generic medications at no cost through Costco retail and mail order pharmacies. You don't need to be a Costco member.

Call 1-800-774-2678 x 1 or visit [costco.com/pharmacy](http://costco.com/pharmacy)

## Maven: Maternity & Postpartum Support



Tools and resources related to pregnancy and postpartum care. Private visits with gynecologists, specialists, therapists, and 30 other maternity and postpartum provider types.

Visit [mavenclinic.com/join/SISC](http://mavenclinic.com/join/SISC)

## Lantern Cancer Care: Enhanced Cancer Benefit



Get help from a personal oncology nurse who can partner with you on every step of your cancer journey, including a review of your initial diagnosis and development of a care plan.

Call 1-855-961-4533 or visit [lanterncare.com](http://lanterncare.com)

## Wellvolution: Tools & Support to Lose Weight, Treat Diabetes, Support Mental Health, & More



Get personalized support to lose weight, improve overall health – and feel better. Select a program and answer questions to find the right match for you. Participate for 4 weeks and receive a Fitbit tracker! Call 1-866-671-9644 or visit [wellvolution.com](http://wellvolution.com)

## Teladoc: Expert Medical Opinions



Get answers to health care questions and second opinions from world-leading experts.

Call 1-800-835-2362 or visit [teladochealth.com](http://teladochealth.com)

## Centivo Care: 24/7 Virtual Primary Care



Centivo Care providers diagnose conditions, manage prescriptions, refer to specialists, and answer follow-up questions using video visits or live chat.

Download the Centivo Care app from your app store.

## MDLive: 24/7 Physician Access



24/7 virtual urgent care and appointment-based mental health services. Physicians can prescribe medication when appropriate.

Call 1-888-632-2738 or visit [mdlive.com/SISC](http://mdlive.com/SISC)

## Hinge Health: Physical Therapy for Back or Joint Pain



Conquer pain, recover from an injury, or reduce joint stiffness with personalized exercise therapy, instant feedback, unlimited one-on-one coaching, and a physical therapist. Call 1-855-902-2777 or visit [hingehealth.com/for-individuals/](http://hingehealth.com/for-individuals/) and enter SISC

## Carrum Health: Hip, Knee, & Spine Surgical Benefit



Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefit covers all related travel and medical bills.

Call 1-888-855-7806 or visit [info.carrumhealth.com/SISC](http://info.carrumhealth.com/SISC)

## Midi Health: Expert Menopause Telehealth Care



Midi connects you to expert clinicians via virtual visits. After discussing your symptoms and health history, they help you get any necessary lab tests and create a personalized Care Plan.

Visit [joinmidi.com/SISC](http://joinmidi.com/SISC)

## Tivity Health: Fitness Your Way



Enroll in flexible gym packages starting at \$19/month and work out at multiple gyms where you live, work and travel. Access hundreds of on-demand videos and live streams, workouts, wellness videos, nutrition tutorials, and more for \$10/month.

Visit [bsca.fitnessyourway.tivityhealth.com](http://bsca.fitnessyourway.tivityhealth.com)



Per IRS guidelines, HSA members may not be eligible for these programs.