



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 & enter SISC



Telehealth

Skip the trip to the doctor's office

Next time you have a minor health issue, you have many convenient ways to get care when and where it works for you.

Kaiser Permanente Members

Call 866-454-8855

Visit kp.org/telehealth



Manage your health 24/7

Stay connected wherever you go

With our Kaiser Permanente app, keeping up with your care is quick, easy, and secure.

Kaiser Permanente Members

Call 800-464-4000

Visit kp.org/register



Away from Home Travel

More care options while you're away from home

No matter where life takes you, Kaiser Permanente has you covered. If something unexpected happens while you're away from home, it's easier than ever to get care.

Kaiser Permanente Members

Call 951-268-3900

Visit kp.org/travel



Wellness Coaching

Say hello to better health

Changing your habits can be hard but working with a wellness coach can help. You'll get one-on-one guidance and support from one dedicated coach.

Kaiser Permanente Members

Call 866-862-4295

Visit kp.org/coaching





BENEFIT HIGHLIGHTS



AVAILABILITY AND HOW TO GET STARTED

Fitness Deals

Find more ways to stay healthy and save

Stay active & fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes.

•Active&Fit •ClassPass •ChooseHealthy

Kaiser Permanente Members

Call 800-464-4000

Visit kp.org/exercise



Expert Medical Opinions

Teladoc Medical Experts

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

Kaiser Permanente Members

Call 855-380-7828

Visit teladoc.com/SISC



Headspace Care

Support for emotional wellness

1-on-1 emotional support coaching and self-care activities to help with many common challenges.

•Coaches are available by text 24/7 with no cost and no referral needed

Kaiser Permanente Members

Call 800-464-4000

Visit kp.org/selfcareapps



Calm

Support for emotional wellness

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities.

•Guided meditation, Sleep Stories, Mindful movement videos

Kaiser Permanente Members

Call 800-464-4000

Visit kp.org/selfcareapps



My Strength

Support for emotional wellness

Personalized programs designed to help you:

- Set mental health goals
- Track your progress
- Learn coping skills
- Make positive changes

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