



## A personal health coach or therapist to help you get healthier



**1**

Download the  
Vida Health app



**2**

Choose SISC as  
your organization



**3**

Choose your coach or therapist  
and schedule  
your first session



**4**

Develop new  
healthy habits and  
reach your goals

Vida Health – your free health benefit through SISC – will match you with a health coach or therapist who will help you manage diabetes, lose weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

**Vida will help you get healthier. That's why SISC will cover the cost for you.**

With Vida, you'll get a virtual coach or therapist to help you with things like:



Losing weight



Managing and  
preventing diabetes



Lowering blood pressure  
or cholesterol



Getting more exercise



Reducing stress



Feeling better and  
healthier overall



### Explore your new benefit now

Visit [vida.com/SISC](https://vida.com/SISC) to learn more about Vida. For help signing up, email [support@vida.com](mailto:support@vida.com).



#### Meet Karen

Because of Vida, I've lowered my blood sugar and my cholesterol. More importantly, I feel better. I have less pain, more energy, and a better relationship with food. I found exercise that I love and made changes that I know will last. Vida has changed my life for the better, perhaps even saved my life.

*Anthem and Blue Shield PPO, HSA, and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health.*