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

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
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

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

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

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

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

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

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 by visiting centivocare.com/SISC

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

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/ 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

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

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



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