



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



WellTheory: Personalized Autoimmune Care

Get evidence-based nutrition and lifestyle coaching for your autoimmune condition or undiagnosed symptoms like chronic pain, fatigue, digestive or skin issues and more.

Visit welltheory.com/sisc/explore

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 & Hinge Select: Physical Therapy for Back or Joint Pain

Access virtual physical therapy for back, joint, muscle, and pelvic pain with 1-on-1 support from a physical therapist and health coach. New! Hinge Select, an expansion of services that includes in-person care providing members with access to virtual visits with an Orthopedic Specialist: Get a timely evaluation, diagnosis and care plan with no referral as well as in-person care from local providers: Schedule X-rays, MRIs, injections, physical therapy, and more with local providers vetted by Hinge Health. Call 1-855-902-2777 or visit hingehealth.com/for/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

