

# Even **more** benefits to help you get and stay healthy

Take full advantage of all SISC has to offer



## Get Started

## Program Details

## Who Is Eligible

### SISC EAP

Call 800-999-7222

OR

Go to [anthemEAP.com](http://anthemEAP.com) and enter SISC

### 24/7 Help with Personal Concerns

#### *SISC Employee Assistance Program*

Access free, confidential resources if you or a family member needs help with emotional, marital, financial, addiction, legal, or stress issues.

All employees at member districts (including Kaiser)

**No Cost**

### Advance Medical

Call 855-201-9925

OR

Go to [advance-medical.net/sisc](http://advance-medical.net/sisc)

### Expert Medical Opinions

#### *Advance Medical*

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

All SISC members (including Kaiser)

**No Cost**

### MDLive

Register by calling 888-632-2738

OR

Go to [mdlive.com/sisc](http://mdlive.com/sisc)

### 24/7 Physician Access—Anytime, Anywhere

#### *MDLive*

Consult with doctors and pediatricians over the phone or using online video for medical conditions such as cold, fever, sore throat, flu, infection, and children's health issues. Physicians can prescribe medication when appropriate. Online behavioral health visits are also available.

Anthem and Blue Shield PPO and HMO members

**Low Cost**

### Costco

To find a Costco location, Call 800-774-2678 (press 1)

OR

Go to [costco.com](http://costco.com)

### Free Generic Medications

#### *Costco*

On most pharmacy plans, our PPO and HMO members can get free generic medications at Costco and through Costco Mail Order (excludes certain pain and cough medications). Just take your prescription to a Costco pharmacy; you don't need to be a Costco member.

Anthem and Blue Shield PPO and HMO members (participating plans)

**No Cost**

**Oncology Center of Excellence Program****Call** 877-220-3556

OR

**Go to** [sisc.hdplus.com](http://sisc.hdplus.com)**Enhanced Cancer Benefit*****Oncology Center of Excellence Program***

Consult experts who can help you navigate the complex world of cancer treatment. Services include assistance in receiving an accurate initial diagnosis and developing a comprehensive care plan. Also covers care coordination services with a home provider, transportation benefits and more.

Anthem and Blue Shield PPO members

**No Cost****Carrum Health****Call** 888-855-7806

OR

**Go to** [carrumhealth.com/sisc](http://carrumhealth.com/sisc)**No Cost Hip, Knee, and Spine Surgical Options*****Carrum Health***

Consult top-quality surgeons at Scripps with no out-of-pocket cost. All medical bills, including deductibles, coinsurance and even travel expenses are covered.

Anthem and Blue Shield PPO members

**No Cost****Vida Health****Call** 855-442-5885

OR

**Go to** [vida.com/sisc](http://vida.com/sisc)**Digital Health Coaching App*****Vida Health***

Get one-on-one health coaching, therapy, digital programs and other tools and resources via online or mobile access. This program helps you prevent, manage or reverse conditions such as pre-diabetes, diabetes, hypertension, obesity, depression, anxiety, etc.

Anthem and Blue Shield PPO and HMO members  
18 and older**No Cost****Hinge Health****Call** 855-902-2777

OR

**Go to** [hingehealth.com/sisc](http://hingehealth.com/sisc)**Digital Programs for Back or Knee Pain*****Hinge Health***

Get access to free wearable sensors and monitoring devices, unlimited one-on-one coaching and personalized exercise therapy.

Anthem and Blue Shield PPO members

**No Cost**

# Benefit Extras

Available through your SISC health plan



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## Who Is Eligible

### Active & Fit Direct

**Anthem PPO/HMO members** log into [anthem.com/ca/sisc](http://anthem.com/ca/sisc), click "Discounts" and visit "Special Offers".

**Kaiser HMO members** must visit [kp.org/choosehealthy](http://kp.org/choosehealthy), select region, click "Choose Healthy," then click "Learn More" next to the ASH Active & Fit logo.

### Discounted Gym Memberships

#### Active & Fit Direct

Choose from over 9,000 participating fitness centers and YMCAs nationwide for a much lower cost than you would pay on your own. Use the online fitness tracking feature, which uses a variety of wearable devices and apps. You pay only \$25 a month (plus \$25 enrollment fee and taxes).

Anthem PPO/HMO and Kaiser HMO members

Low Cost

### Fitness Your Way

**Go to** [fitnessyourway.tivityhealth.com/bsc](http://fitnessyourway.tivityhealth.com/bsc)  
Click "Enroll".

OR

**Call** 833-283-8387

### Fitness Your Way

#### Tivity

This program gives you the flexibility to work out at any participating fitness location. Cost is only \$25 a month per person.

Blue Shield PPO and HMO members

Low Cost

### TruHearing

**Call** 866-754-1607

OR

**Go to** [truhearing.com](http://truhearing.com)

### Discounted Hearing Aids

#### TruHearing

Go to a TruHearing provider to be fitted and adjusted for a wide variety of the latest digital hearing aids. You will save about \$980 per hearing aid compared to national average prices. PPO members may even be able to use their plan benefits in coordination with TruHearing discounts.

VSP members

Low Cost

### Amplifon

**Go to** [amplifonusa.com/deltadentalins](http://amplifonusa.com/deltadentalins)

OR

**Call** 888-779-1429

### Discounted Hearing Aids

#### Amplifon

Get an average savings of 62% off the latest retail hearing aid price. See an Amplifon network provider to be fitted. PPO members may even be able to use their plan benefits in coordination with Amplifon discounts.

Delta Dental members

Low Cost

### QualSight

**Go to** [qualsight.com/-delta-dental](http://qualsight.com/-delta-dental)

OR

**Call** 855-248-2020

### Discounted LASIK Eye Surgery

#### QualSight

Receive 40-50% off the national average price of traditional LASIK eye surgery when you use an experienced QualSight LASIK surgeon.

Delta Dental members

Low Cost

### EPIC Hearing

**Go to** [epichearing.com](http://epichearing.com)

OR

**Call** 866-956-5400

### Discounted Hearing Aids

#### EPIC Hearing

Go to an EPIC Hearing network provider to be fitted to receive 30% – 60% off the retail hearing aid price. PPO members may even be able to use their plan benefits in coordination with EPIC Hearing discounts.

MES members

Low Cost