

Experience **BETTER...** with SISC's Value-Added Services

SISC offers much more than conventional benefits coverage. We provide access and convenience to our membership through these innovative programs.

SISC EAP

Call 1-800-999-7222

OR

Go to anthemEAP.com
and enter SISC.

Employee Assistance Program

SISC EAP

All employees at member districts
(including Kaiser)

All employees at member districts may access free resources if they need help with personal concerns—emotional, marital, financial, interpersonal addiction and recovery, legal, stress, and more. Daycare and eldercare referral services are also available. The EAP is available to all members of the employee's household.

Counseling Services—Call EAP to schedule an in-person visit with a local provider.

Confidential—Privacy is protected.

Convenient—24/7 access, holidays included.

Free of charge—No extra cost and no paperwork.

Advance Medical

Call 1-855-201-9925

OR

Go to advance-medical.net/sisc

Expert Medical Opinions

Advance Medical

All SISC members
(including Kaiser)

Advance Medical provides members with access to the best health care possible by assisting patients with any and all healthcare questions. The benefit also provides access to medical opinions from world-leading experts without having to leave home.

No cost—This benefit is fully sponsored by SISC. It is available to members covered on SISC medical plans at no cost.

Convenient—Members can get started with a phone call.

MDLive

Register by calling
MDLive at
1-888-632-2738

OR

Go to mdlive.com/sisc

24/7 Physician Access—Anytime, Anywhere

MDLive

Anthem and Blue Shield
PPO and HMO members

Our PPO and HMO members can consult with doctors and pediatricians over the phone or using online video for medical conditions such as cough, cold, fever, sore throat, flu, infection, bronchitis and children's health issues. MDLive physicians can diagnose and prescribe medication when appropriate. Online behavioral health visits are also available for confidential sessions with a licensed therapist or psychiatrist.

Convenient—24/7 access, including holidays.

Fast—No waiting to schedule an appointment or get a prescription.

Saves money—More cost-effective than the emergency room.

Costco

Call 1-800-774-2678
(press 1) to find a
Costco location.

Free Generic Medications

Costco

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

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).

Easy—Members take prescriptions to Costco pharmacy; no need to be a Costco member. *Retirees* enrolled in individual retiree plans are not eligible for these services.

Kaiser members are not included in the MDLive and Costco free generic programs.

No Cost Hip, Knee, and Spine Surgical Options

Anthem and Blue Shield
PPO members

Carrum Health

Carrum Health

Call 1-888-855-7806.

Members who need knee or hip replacement or spinal fusion can get access to top-quality surgeons at Scripps with no out-of-pocket cost. Members also enjoy personalized concierge support to prepare for surgery and care for themselves afterwards.

Free of charge—All medical bills, including deductibles, coinsurance and even travel expenses are covered.

Easy—All details regarding the surgery are coordinated for members.

Active & Fit Direct

To enroll, Anthem PPO members log into www.anthem.com/ca/sisc, click “Discounts” and visit “Special Offers”.

Kaiser HMO members must visit kp.org/choosehealthy and follow these steps:

1. Select either Northern or Southern California.
2. Click on the “Choose Healthy” website link.
3. Click on “learn more” near the ASH Active & Fit logo at the bottom of the page.

Discounted Gym Memberships

Anthem PPO and Kaiser
HMO members

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. Members get a free guest pass to try out a gym before enrolling and can switch fitness centers after they have enrolled.

Low cost—Members pay only \$25 a month (plus \$25 enrollment fee and taxes).

Convenient—Offers online fitness tracking for a variety of wearable devices and apps.

Solera4ME

Go to solera4me.com and take a 1-minute quiz to see if you qualify.

Diabetes Prevention Program

Anthem and Blue Shield
PPO and HMO members

Solera4ME

Members who qualify can get access to a 16-week cutting-edge program that helps with weight loss, adopting healthy habits and can significantly reduce their risk of developing diabetes. Those who qualify can choose from programs like Weight Watchers®, Jenny Craig®, Retrofit and HealthSlate.

Free of charge—No cost for members who qualify.

Convenient—Choose a program that works for you.

TruHearing

Call 1-866-754-1607.

Discounted Hearing Aids

VSP members

TruHearing

VSP members can use their \$700 hearing aid allowance through Anthem or Blue Shield to purchase hearing aids from TruHearing. Members go to a TruHearing provider to be fitted and adjusted for a wide variety of the latest digital hearing aids from top manufacturers.

Low cost—Average savings of \$980 per hearing aid compared to national average prices.

Good value—Members get 3 follow-up visits, a 45-day trial, 3-year warranty and 48 free batteries per hearing aid.