



SISC Added Value Programs

Take advantage of these benefits to help you get and stay healthy.

BENEFIT HIGHLIGHTS

AVAILABILITY & HOW TO GET STARTED

24/7 Help with Personal Concerns

SISC Employee Assistance Program

Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.

All Employees

Call 800-999-7222

Visit anthemEAP.com and enter SISC

Expert Medical Opinions

Teladoc Medical Experts

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

Blue Shield and Kaiser members

Call 800-835-2362

Visit teladoc.com/SISC

Personal Health Coaching

Vida Health¹

Get one-on-one health coaching, therapy, chronic condition management, health trackers and other tools and resources online or via phone.

Blue Shield members

Call 855-442-5885

Visit vida.com/sisc

24/7 Physician Access—Anytime, Anywhere

MDLive²

Access to virtual visits with psychiatrists and therapists for members age 10 and up. Virtual

Blue Shield members

Call 888-632-2738

urgent care services are available to all members. Physicians can prescribe medication when appropriate.

Visit mdlive.com/sisc

Free Generic Medications

Costco

Access most generic medications at no cost through Costco retail and mail order pharmacies. You don't need to be a Costco member.

Blue Shield members

Call 800-774-2678 (press 1)

Visit costco.com

Physical Therapy for Back or Joint Pain

Hinge Health¹

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

Blue Shield PPO members

Call 855-902-2777

Visit hingehealth.com/sisc

NEW! 24/7 Virtual Primary Care Doctor

Eden Health

Virtually connect with a primary care physician to manage all your physical and mental healthcare needs. Eden providers diagnose conditions, manage prescriptions, refer to specialists and answer follow up questions using video visits or live chat.

Blue Shield PPO members

Visit edenhealth.com/members
or download the app

24/7 Access to Virtual Maternity and Postpartum Support

Maven

Consult with a care advocate who connects you with trustworthy content delivered by doctors, specialists' coaches and other maternity providers to help deal with pregnancy and postpartum concerns.

Blue Shield PPO members

Call 855-442-5885

Visit mavenclinic.com/join/SISC

Hip, Knee and Spine Surgical Benefit

Carrum Health

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefit covers all related travel and medical bills.

Blue Shield PPO members

Call 888-855-7806

Visit <https://info.carrumhealth.com/sisc/>

Enhanced Cancer Benefit

Contigo Health

Consult experts on initial diagnosis and development of a care plan. Benefit includes care coordination services with at home provider, transportation and more.

Blue Shield PPO members

Call 877-220-3556

Visit sisc.contigohealth.com

Fitness Your Way

Tivity Health

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

Blue Shield PPO members

Call 833-283-8387

Visit tivityhealth.com

Discounted Gym Members

Active & Fit Direct

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

Kaiser HMO members

Visit kp.org/choosehealthy

Mental Health and Wellness

Kaiser Permanente

From personalized care to self-care tools, we'll help connect you to the support you need.

Kaiser HMO members

Call 833-574-2273

[Click here](#)

These programs are not available to retired Medicare members enrolled on Retiree Group Medicare Plans. Per IRS guidelines, HSA members may need to satisfy a deductible on these programs.

¹ Effective January 1st, 2024, Vida and Hinge Health will no longer be available to SISC HSA Members.

² Effective October 1, 2023, MDLive visits will have a \$10 co-pay. HSA Members will continue to pay the full cost of the visit until deductible is met.

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

Looking for more detailed information regarding our benefit plans?
Refer to your benefits booklet where you will find benefit summaries, flyers and required notices.