

Say Hello To *Free*, 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.

WellTheory is free for eligible SISC members and dependents over age 18 enrolled in a SISC PPO health plan.

Let's Get To The Root Of Your Symptoms, Together



Dedicated, Personalized Care

Work 1:1 with an autoimmune expert to uncover the root cause of your symptoms and create a personalized Care Plan.



Evidence-Based, Holistic Approach

Reduce your symptoms naturally through simple habits around diet, sleep, stress management, movement, and connection.



Education & Community

Join a supportive autoimmune community and gain access to educational resources for your condition.



Advanced Testing

Dig deeper into your symptoms with specialty labs evaluating gut health, hormone imbalances, food sensitivities, and more.



Ready to start healing?

Scan the QR code or visit welltheory.com/sisc/explore to get a Care Plan that's tailored to your specific needs.