



**SISC**

Self-Insured Schools of California  
Schools Helping Schools

# 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 1-800-999-7222

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 1-855-201-9925

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 MDLive at 1-888-632-2738

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

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

### 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

**Carrum Health**

Call 1-888-855-7806.

## No Cost Hip, Knee, and Spine Surgical Options

### *Carrum Health*

Get access to 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

**Solera4ME**

Go to [solera4me.com/sisc](http://solera4me.com/sisc) and take a 1-minute quiz to see if you qualify.

## Diabetes Prevention Program

### *Solera4ME*

If you qualify, you can get access to a 16-week cutting-edge program that helps with weight loss, adopting healthy habits and can significantly reduce your risk of developing diabetes.

Anthem and Blue Shield PPO and HMO members

No Cost

**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) and follow these steps:

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

## 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".

Complete the steps to enroll.

OR

Call 833-283-8387

M-F 5 am - 5 pm PT.

## 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 1-866-754-1607.

## Discounted Hearing Aids

### *TruHearing*

Use your \$700 hearing aid allowance through Anthem or Blue Shield to purchase hearing aids. Just 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.

VSP members

Low Cost