



Take advantage of **no cost** benefits to help you get and stay healthy



BENEFIT HIGHLIGHTS



AVAILABILITY AND 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 at member districts

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.

All employees at member districts

Call 800-835-2362

Visit teladoc.com/SISC

24/7 Physician Access—Anytime, Anywhere

MDLive

Consult with doctors and pediatricians over the phone or using online video for common medical conditions and behavioral health issues. Physicians can prescribe medication when appropriate. Co-pays may apply.

Anthem and Blue Shield members

Call 888-632-2738

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.

Anthem and Blue Shield members

Call 800-774-2678 (press 1)

Visit costco.com

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.

Anthem and Blue Shield PPO members

Call 877-220-3556

Visit sisc.contigohealth.com



BENEFIT HIGHLIGHTS



AVAILABILITY AND HOW TO GET STARTED

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.

Anthem and Blue Shield PPO members

Call 888-855-7806

Visit carrumhealth.com/sisc

Personal Health Coaching

Vida Health

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

Anthem and Blue Shield members

Call 855-442-5885

Visit vida.com/sisc

Physical Therapy for Back or Joint 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

Call 855-902-2777

Visit hingehealth.com/sisc

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.

Anthem and Blue Shield PPO members

Visit

mavenclinic.com/join/SISC





Anthem Medicare Advantage Supplementary Benefits to Retirees

- Simpler plan design
- Streamlined claims administration
- One ID card
- Gym membership benefits
- Maximization of government funding sources
- STARS financial incentives for well performing plans
 - Impacts premiums, member experience, and health outcomes
 - **Anthem Medicare Advantage has a 4.5 STAR Rating in 2022**
- Prompts from customer service representatives to schedule routine screenings/exams

Value Added Programs

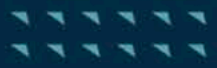
Anthem Medicare Advantage

- Silver Sneakers Fitness
- Healthy Meals
- Healthy Pantry
- Fitness Tracker
- Community Resource Support
- Community Care Coordination
- Member Connect



SISC Overview – Value Added Programs Available to Anthem Members

- **Costco Free Generics**
 - Free generic medications at Costco Retail and Mail Order (excludes certain pain and cough medications)
- **Vida Digital Coaching Application**
 - Vida offers members access to a virtual care platform that treats a full range of lifestyle, chronic and behavioral health conditions
 - Members have access to a mobile app, 1:1 health coaching and therapy available through a virtual platform, progress through the trackers and connected devices, and tools and resources
- **Lark Diabetes Prevention Coaching**
 - No cost program to help members with prediabetes reduce their risk of developing diabetes.
- **Hinge Health**
 - Members have free access to a program that provides personalized, interactive physical therapy using the latest technology
 - With Hinge, members are empowered with tools to address knee or back pain whenever and wherever it works best for them
- **Maven Virtual Care**
 - Free 24/7 virtual access to one-on-one maternity and postpartum support
 - Eligibility members are matched with a Care Advocate who connects them to trustworthy maternity and postpartum content



SISC Overview – Value Added Programs Available to Anthem Members

■ Carrum Health

- Surgery benefit available to members which waives co-insurance and deductibles for hip/knee replacements and many spine surgeries when utilizing Scripps “Center of Excellence.”
- Travel Expenses covered for patient and one companion

■ City of Hope – Oncology Center of Excellence Program:

- SISC partnered with Contigo Health to provide SISC PPO plans with an enhanced cancer benefit.
- This enhanced benefit provides members facing a cancer diagnosis with the opportunity to have an in-person or virtual comprehensive consultation at City of Hope at no cost
- In Person Evaluation with confirmation of diagnosis and development of a customized treatment plan
- Transition of care and collaboration with home oncologist to carry out the recommended treatment plan, track progress, adjust treatment as needed and measure patient outcomes and experience

■ MDLive

- 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
- Online behavioral health visits are also available for confidential sessions with a licensed therapist or psychiatrist



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