

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 800-999-7222

OR

Go to 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

Teladoc Medical Experts

Call 800-Teladoc (835-2362)

OR

Go to teladoc.com/SISC

Expert Medical Opinions

Teladoc Medical Experts

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 888-632-2738

OR

Go to 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

To find a Costco location, Call 800-774-2678 (press 1)

OR

Go to costco.com

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

Oncology Center of Excellence Program**Call** 877-220-3556

OR

Go to sisc.contigohealth.com**Enhanced Cancer Benefit*****Oncology Center of Excellence Program***

Consult experts who can help you navigate the complex world of cancer treatment. Services include assistance in receiving an accurate initial diagnosis and developing a comprehensive care plan. Also covers care coordination services with a home provider, transportation benefits and more.

Anthem and Blue Shield PPO members

No Cost**Carrum Health****Call** 888-855-7806

OR

Go to carrumhealth.com/sisc**No Cost Hip, Knee, and Spine Surgical Options*****Carrum Health***

Consult 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**Vida Health****Call** 855-442-5885

OR

Go to vida.com/sisc**Digital Health Coaching App*****Vida Health***

Get one-on-one health coaching, therapy, digital programs and other tools and resources via online or mobile access. This program helps you prevent, manage or reverse conditions such as pre-diabetes, diabetes, hypertension, obesity, depression, anxiety, etc.

Anthem and Blue Shield PPO and HMO members
18 and older**No Cost****Hinge Health****Call** 855-902-2777

OR

Go to hingehealth.com/sisc**Digital Programs 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

No Cost