

# Benefit Extras

Available through your SISC health plan



## Get Started

## Program Details

## Who Is Eligible

### 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), select region, click "Choose Healthy," then click "Learn More" next to the ASH Active & Fit logo.

### 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".

OR

**Call** 833-283-8387

### 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** 866-754-1607

OR

**Go to** [truhearing.com](http://truhearing.com)

### Discounted Hearing Aids

#### TruHearing

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. PPO members may even be able to use their plan benefits in coordination with TruHearing discounts.

VSP members

Low Cost

### Amplifon

**Go to** [amplifonusa.com/deltadentalins](http://amplifonusa.com/deltadentalins)

OR

**Call** 888-779-1429

### Discounted Hearing Aids

#### Amplifon

Get an average savings of 62% off the latest retail hearing aid price. See an Amplifon network provider to be fitted. PPO members may even be able to use their plan benefits in coordination with Amplifon discounts.

Delta Dental members

Low Cost

### QualSight

**Go to** [qualsight.com/-delta-dental](http://qualsight.com/-delta-dental)

OR

**Call** 855-248-2020

### Discounted LASIK Eye Surgery

#### QualSight

Receive 40-50% off the national average price of traditional LASIK eye surgery when you use an experienced QualSight LASIK surgeon.

Delta Dental members

Low Cost

### EPIC Hearing

**Go to** [epichearing.com](http://epichearing.com)

OR

**Call** 866-956-5400

### Discounted Hearing Aids

#### EPIC Hearing

Go to an EPIC Hearing network provider to be fitted to receive 30% – 60% off the retail hearing aid price. PPO members may even be able to use their plan benefits in coordination with EPIC Hearing discounts.

MES members

Low Cost