

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 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

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

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

*Kaiser members are not eligible for the MDLive or Costco free generic programs.

Get Started

Program Details

Who Is Eligible

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 <https://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

To enroll, Anthem PPO members log into www.anthem.com/ca/sisc, click "Discounts" and visit "Special Offers".

Kaiser HMO members must visit 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.tivityhealthy.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 network fitness location, at a time that works for you. Cost is only \$25 a month per person.

Blue Shield PPO and HMO members age 18 and older

Low Cost