BRIDGES
Charter School

SISC Value Added Benefits

Table of Contents

3 MDLIVE: Virtual Medical Consultation

6 Teladoc Medical Experts — Expert Medical Option Services

7 EAP - Learn to Live Program

8 Employee Assistance Program's Live Tobacco Free Program

9 Employee Assistance Program (EAP)

11 Maven - Maternity and Postpartum Support

12 Hinge Health– Digital Therapy Programs (back, knees & hips)

13 Hip, Knee and Spine Surgeries Blue Distinction + Requirement

14 Carrum Health –Premium Surgery Benefit

16 Contigo Health: Enhanced Cancer Care Benefit

17 Diabetes Prevention Program

19 Free Generic Medication at Costco and Through Mail Order

20 Delta Dental: Toothpic: Teledentistry

22 Delta Dental: Virtual Consult

24 Delta Dental: LASIK Services

26 Delta Dental: Hearing Aids

28 Active & Fit Direct Program

29 Vida Digital Health Coaching Program

31 Anthem Special Offers

MDLIVE

MDLIVE App Now Available on Android

Introducing the MDLIVE App

Sick in bed? Sick at work? Got a smartphone? Doctor visits are easier than ever with the MDLIVE App.

- Access to a doctor anywhere: at home, at work, or on the go
- Choose doctors from one of the nation's largest telehealth networks
- Available 24/7 by video or phone
- Private, secure and confidential visits
- Connect instantly with MDLIVE Assist

Download on the App Store

ANDROID APP ON Google play

mdlive.com/getapp

Scan with your smartphone to get the app

No smartphone? No worries!

Activate your account online or over the phone at:

mdlive.com/sisc

1-888-632-2738

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MDLIVE

SISC
Self-Insured Schools of California
Schools Helping Schools

Need a doctor? No long wait. Now $0 copay Always open.

With MDLIVE, you can visit with a doctor 24/7 from your home, office or on-the-go.

Welcome to MDLIVE! Your anytime, anywhere doctor's office.

Visit a doctor by phone, secure video, or MDLIVE App. Pediatricians are available 24/7, and family members are also eligible. Behavioral health and psychiatric visits are available from the convenience of your own home.

Per IRS guidelines, HSA members are responsible for the full cost of the visit until their deductible is met.

U.S. board-certified doctors with an average of 15 years of experience.

Consultations are convenient, private and secure.

Prescriptions can be sent to your nearest pharmacy, if medically necessary.

Your COPAY is $0

Your copay is $0 for all visits through September 2022

We treat over 50 routine medical conditions including:

- Acne
- Allergies
- Cold / Flu
- Constipation
- Cough
- Diarrhea
- Ear Problems
- Fever
- Headache
- Insect Bites
- Nausea / Vomiting
- Pink Eye
- Rash
- Respiratory Problems
- Sore Throats
- Urinary Problems / UTI
- Vaginitis
- And More

Download the app.
Join for free. Visit a doctor.

MDLIVE.com/sisc
1-800-657-6169

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Common conditions we treat

General Health

- Asthma
- Bronchitis
- Infections
- Joint Aches
- Rashes
- Respiratory Infections
- Sinus Infections
- Skin Infections
- Urinary Tract Infections
- Headache
- Ear problems
- Common cold / Flu
- Cough
- Fever
- Insect bites
- Allergies
- Diarrhea
- Nausea / Vomiting
- Pink eye
- Sore throat
- Constipation
- And more...

Behavioral Health

- Addictions
- Stress
- Bipolar disorders
- Depression
- Eating disorders
- Grief and loss
- Life changes
- Panic disorders
- Parenting issues
- Postpartum depression
- Relationship and marriage issues
- Trauma and PTSD
- Child and Adolescent Issues
- Men's Issues
- Panic Disorders
- Women's Issues
- And more

Sign up with Sophie, your personal health assistant! Text **DOCTOR** to **MDLIVE (635483).**

MD **Download the app.**
Join for free. Visit a doctor.

MDLIVE.com/sisc
1-800-657-6169

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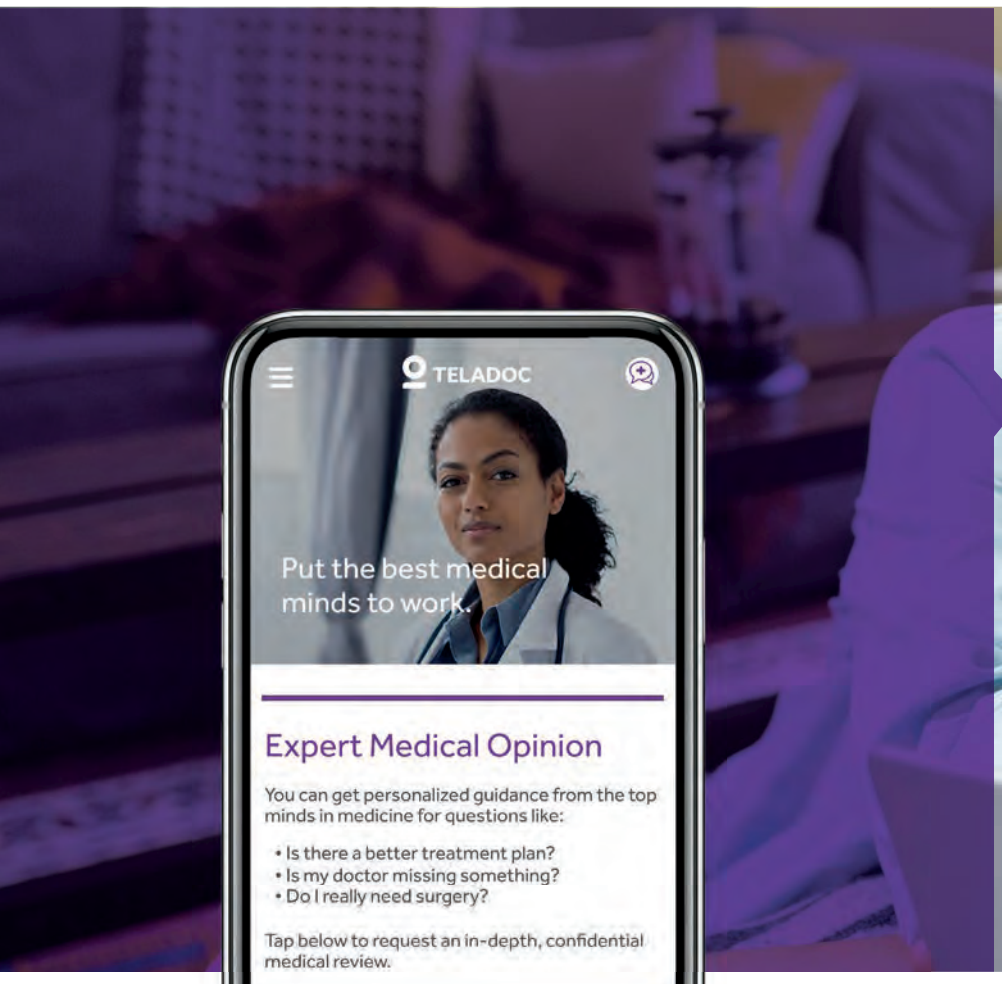
TELADOC® Medical Experts

SISC Self-Insured Schools of California
Schools Helping Schools



World-renowned medical advice **for you and your family.**

If you or a dependent is facing a serious medical issue, make sure you get the right advice.

With Teladoc, you can:

- Have a world-renowned physician review a diagnosis and treatment plan
- Get expert medical guidance if you have been admitted into the hospital
- Get personalized answers to medical questions, big or small
- Find a leading local physician for you and your family

Get the answers you need from our Medical Experts.
Call us to get started: 1-800-TELADOC (835-2362)

Visit www.teladoc.com/sisc | Download the app

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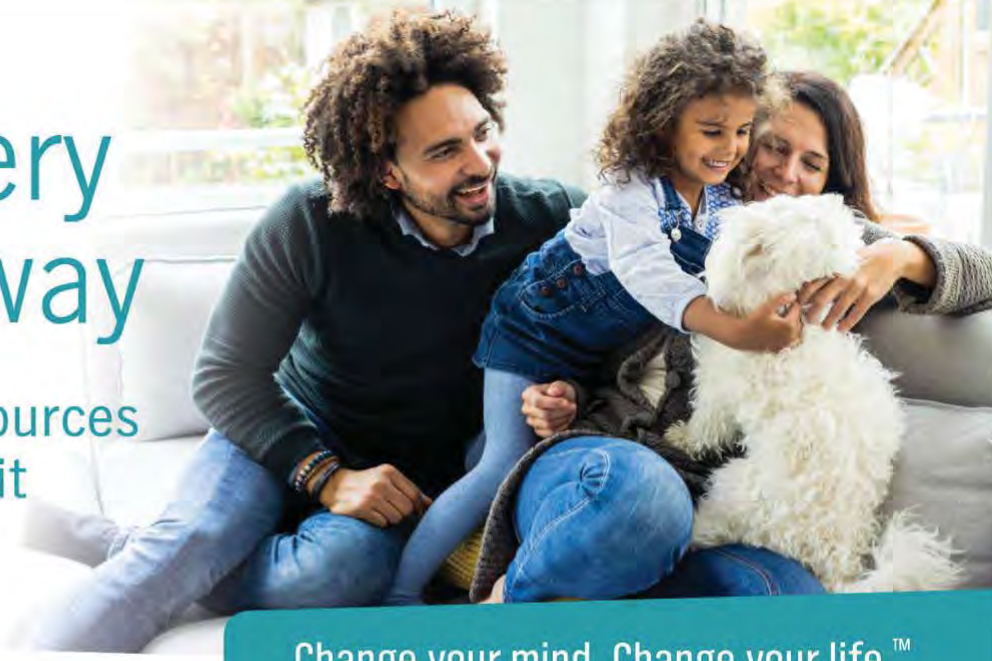
With you every step of the way

Emotional Well-being Resources offer help when you need it



Your emotional health is an important part of your overall health. With Emotional Well-being Resources, administered by Learn to Live, you can receive support to help you live your happiest, healthiest life.

Built on the proven principles of Cognitive Behavioral Therapy (CBT), our digital tools are available anywhere, anytime. They can help you identify thoughts and behavior patterns that affect your emotional well-being – and work through them. You'll learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

Change your mind. Change your life.™

Take a quick assessment to find the program that's right for you. To access our Emotional Well-being Resources:

Go to anthemEAP.com and enter your company code to log in: SISC. Call 800-999-7222 to learn more.

Effective: 1/1/22

A wealth of resources at your fingertips

Personalized, one-on-one coaching

Team up with an experienced coach who can provide support and encouragement by email, text, or phone.

Build a support team

Add friends or family members as "Teammates." They can help you stay motivated and accountable while you work through programs.

Practice mindfulness on the go

Receive weekly text messages filled with positivity, quick tips, and exercises to improve your mood.

Live and on-demand webinars

Learn how to improve mental well-being with useful tips and advice from experts.

Anthem® EAP

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learntolive

Learn to Live, Inc. is an independent company offering online tools and programs for behavioral health support. Learn to Live is an education program and should not be considered medical treatment.

EAP products are offered by Anthem Life Insurance Company. In New York, Anthem EAP products are offered by Anthem Life & Disability Insurance Company. In California, Anthem EAP products are offered by Blue Cross of California using the trade name Anthem Blue Cross. Anthem is a registered trademark. Use of the Anthem EAP website constitutes your agreement with our Terms of Use.

Want to kick the habit for good?

Check out Employee Assistance Program's Live Tobacco Free program.

No matter how long you've used tobacco, Employee Assistance Program's Live Tobacco Free program can help. The program offers a powerful blend of online support and one-on-one coaching. Together they can help break your tobacco habit for good.

Online support that will help you quit

The online program gives you the power to help you reach your goals. During 10 interactive sessions, you'll learn positive strategies to help break your emotional and physical ties to tobacco. You'll also get tips for dealing with the stress that may come with your efforts.

Connect with a coach by phone or IM

In the Live Tobacco Free program, you'll work with a coach specially trained to help you stop using tobacco. Your coach will help guide you, support you and cheer you on to a healthier life.

You'll connect with a coach by telephone or instant messaging (IM). Your coach will help you target why and when you use tobacco. At the same time, you'll get help managing your weight and meeting personal fitness goals. Your coach will use positive motivation to help you live better and gain control of your health.

Isn't it time to take charge of your health? If you're ready, Employee Assistance Program can help. Call Employee Assistance Program at 800-999-7222 now. You can also log on to our website: anthemEAP.com; login ID: SISC.

Like all Employee Assistance Program programs, Live Tobacco Free is available to you and members of your household at no extra cost.
Here's how to reach us:
Toll-free: 800-999-7222
Website: anthemEAP.com
Login ID: SISC

Anthem® Blue Cross
360° Health

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Anthem BlueCross

SISC III
SELF-INSURED SCHOOLS OF CALIFORNIA
Schools Helping Schools

Lean on us

Your Employee Assistance Program (EAP) has support, resources, counseling and information 24/7 to support you. That's what we're here for.

How to reach EAP:

800-999-7222

Anthemeap.com and enter SISC to log in

We hope you'll reach out to EAP if you've been affected by a tragic or stressful events.. It's hard when disaster strikes and you have to deal with the unexpected. Your EAP is here, ready to help.

Let EAP know if you or household members need help coping, including:

- Telephonic support and counseling referrals
- A library of grief, loss and coping articles
- Self-help tools

Remember, you can always turn to EAP for:

- Work/life resources
- Legal and financial resources
- Information on child and elder care

Your privacy matters. EAP services are confidential so no one will know if you contact EAP unless you give permission in writing.*

When you need answers, let EAP give you a helping hand.

*In accordance with federal and state law, and professional ethical standards. This document is for general informational purposes. Check with your employer for specific information on the services available to you.

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It's like having a personal assistant for your life

Employee Assistance Program website

Do you have a hectic schedule? Is your to-do list getting longer each day? If so, your Employee Assistance Program (EAP) website at anthemEAP.com can help.

For example, the EAP website has easy-to-use tools that can help you:

- Find day care for children and elder care for parents
- Set goals for your retirement
- Choose a pet sitter when you go away on a vacation

Do you need help with a challenging problem?

If you want to talk with someone about an issue, you can call your EAP 24 hours a day, seven days a week at **800-999-7222**. If you need to meet with a licensed counselor, we can make an appointment for you. If you have money or legal problems, we can put you in touch with a financial advisor or lawyer.

We understand how important privacy is when it comes to subjects like these. So, rest assured that your friends, family and employer can't find out about your use of EAP services, unless you give your written permission.*

You can use the website to find resources near where you live or work. Just put in your ZIP code in the search feature.

The website is ready 24/7, so when you need help, just go to **anthemEAP.com** and enter SISC. You can find other resources, such as:

- Online tools and seminars for living healthier
- Articles about educational choices for you or your children
- Tips for balancing your personal life and work
- LiveCONNECT instant messaging for live chats with work/life consultants if you have questions or just want to talk about your situation

These services are provided at no cost to you and everyone who lives in your home. There's no need to sign up — you're automatically enrolled.

*In accordance with federal and state law, and professional ethical standards.

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MAVEN

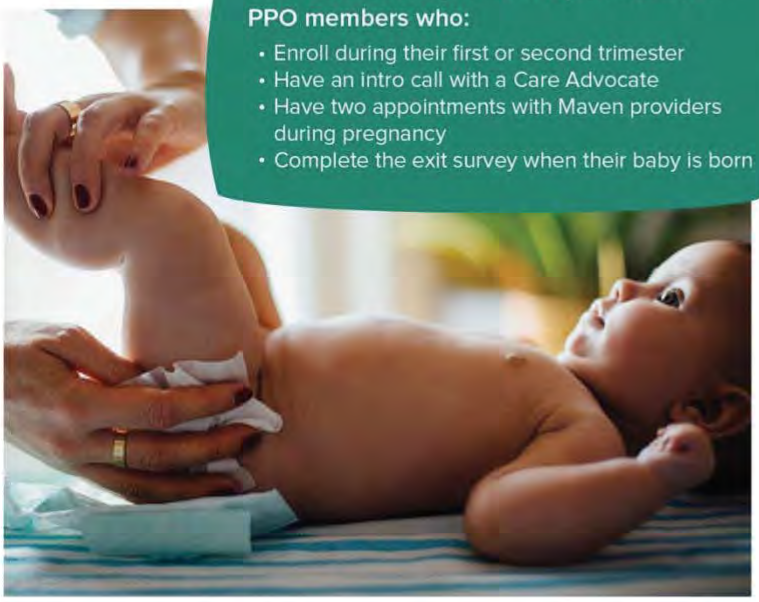
SISC
Self-Insured Schools of California
Schools Helping Schools

Free on-demand care for your parenthood journey

SISC is providing PPO members with free access to Maven virtual care for pregnancy and postpartum support. Use Maven for 24/7 access to doctors, specialists, coaches, and trustworthy content tailored to your experience.

Free 6-month diaper subscription for SISC PPO members who:

- Enroll during their first or second trimester
- Have an intro call with a Care Advocate
- Have two appointments with Maven providers during pregnancy
- Complete the exit survey when their baby is born



What is Maven?

Maven offers 24/7 virtual access to one-on-one maternity and postpartum support. Eligible SISC PPO members are matched with a Care Advocate who connects them to trustworthy maternity and postpartum content.

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How do I use Maven?

Download and log into the Maven Clinic app to access maternity and postpartum doctors, specialists, coaches, mental health experts, and so much more.

Support at every stage of your journey

Pregnancy

- ✓ Midwives, OB-GYNs, Doulas
- ✓ Birth Planning
- ✓ Prenatal Nutritionists
- ✓ Mental Health Specialists
- ✓ Loss Support

Postpartum

- ✓ Infant Care Advice
- ✓ Pediatricians
- ✓ Lactation Counseling
- ✓ Infant Sleep Coach

Return to work

- ✓ Emotional Support
- ✓ Back-to-Work Support
- ✓ Career Coaching

To activate your membership:

Download the Maven Clinic app
Visit **mavenclinic.com/join/SISC**
Scan the QR code

SISC | Hinge Health

Conquer back or joint pain without drugs or surgery

Members on the SISC Anthem PPO or Blue Shield PPO medical plans get *free access to Hinge Health's innovative digital programs for **back, knee, hip, neck, or shoulder pain**. Sign up for:

- Free wearable sensors & monitoring device
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

Over 30,000 members have participated in our programs so far, and cut their pain by over 60%!

*Participation is free for members who are not on a HDHP/HSA plan. Program fee for members on an HDHP/ HSA plan is subject to the deductible.

To learn more call (855) 902-2777, or apply at:

HINGEHEALTH.COM/SISC

Hip, Knee and Spine Surgeries
Blue Distinction+ Requirement

Learn more about finding a Blue Distinction+ hospital before scheduling a procedure

In order to be covered by the Preferred Provider Organization (PPO) plan, hip and knee replacements and certain inpatient spine surgeries must be performed at an Anthem Blue Cross Blue Distinction+ center. Read more to find out key details before getting surgery.

The highest quality of care

For particular surgeries, some hospitals deliver better outcomes than others. Hospitals meeting the requirements for the Blue Distinction+ (BD+) designation outperform their peers in the areas that impact patient health care the most — quality, safety and efficiency. BD+ Centers meet affordability criteria and deliver better results — including fewer complications and readmissions — than other hospitals.

For a specific list of hip, knee and spine procedures that are part of the program, please call the Customer Service number on the back of your ID card.

Finding a Blue Distinction+ hospital

- Go to **anthem.com/ca/sisc/find-care/**.
- Scroll down to **Blue Distinction Centers and Centers of Medical Excellence**.

If you need help finding a surgeon who practices at a Blue Distinction+ hospital, you may want to ask your primary care doctor or orthopedic specialist to assist you. There is also often an Orthopedic Program Director at each BD+ hospital that can assist you with finding surgeons that are part of their program, as well as provide you detailed information about what their program offers.

Are you considering a hip, knee or spine surgery?

If you're considering surgery, the SISC Expert Medical Opinion program can provide a second opinion with a top specialist in the field of joint replacement and spine surgery. They'll handle the collection of medical records and provide you an expert consultation on the phone or online.

Call **1-855-201-9925** to start a second opinion, or visit **advance-medical.net/sisc** to learn more.

Travel Assistance

If there is no Blue Distinction+ center within 50 miles from where you live, a travel benefit is available to you. It pays for travel for the patient and a companion. It also includes a concierge service called HealthBase that serves as a link between patients and doctors. Anthem Customer Service can connect you with a HealthBase representative who will help with travel arrangements, accommodations and setting up appointments including medical record collection and transfer.

Exceptions

Although rare, there may be times when you may be able to go to a non-Blue Distinction+ center. For example:

- Emergencies.
- Additional complications such as cancer.
- Patient is under the age of 18.
- SISC is secondary to other primary benefits.
- Patient lives outside of California.

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SISC CarrumHealth
Better Surgeons, Better Results

THE **SMARTER** SURGERY BENEFIT

Considering surgery? Carrum Health is your premium surgery benefit, offered through Self Insured Schools of California (SISC), that allows employees and dependents to access top surgeons and hospitals across the country at **no additional cost** to you, including travel*.

EXPLORE YOUR OPTIONS

A wide range of **covered procedures** at hospitals across California that specialize in the care you need.

CHOOSE THE BEST

Pick from among our highly-qualified surgeons who have performed **hundreds of medical procedures** on average.

WE'LL TAKE IT FROM HERE

Your **travel will be fully-covered** with a dedicated patient care specialist to help guide you through every step of the process.

PROCEDURES FULLY COVERED FOR YOU:

HIP **SPINE** **KNEE**

LEARN MORE:

CALL: 1-888-855-7806

TEXT: "SISC" to 555888

ANDROID APP ON Google play

Available on the App Store

VISIT: CARRUM.ME/SISC

Most SISC members on Anthem Blue Cross or Blue Shield of California PPO plans are eligible to use this optional benefit. It must be accessed through Carrum Health.

*Per IRS rules, a portion of the covered travel expenses will be reported as taxable income to the employee. Due to IRS regulations, on HSA plans the deductible applies but coinsurance is waived.

MORE PROVIDERS, MORE COVERAGE

Carrum Health allows you to explore the best surgery options available so that you and your family can receive the highest quality care, with the least amount of stress, regardless of where you live.

YOUR CARRUM HEALTH HOSPITAL SPOTLIGHT:

THE BEST SURGEONS

To provide the highest-quality care for our patients, we use rigorous analysis to select top-quality surgeons, by procedure, at the best hospitals and surgical centers.

80%

Less complications compared to average California facilities

50%

Fewer readmissions compared to average California facilities

4x

Our surgeons perform up to 4x as many of your surgeries

VISIT: CARRUM.ME/SISC

Most SISC members on Anthem Blue Cross or Blue Shield of California PPO plans are eligible to use this optional benefit. It must be accessed through Carrum Health.

*Per IRS rules, a portion of the covered travel expenses will be reported as taxable income to the employee. Due to IRS regulations, on HSA plans the deductible applies but coinsurance is waived.

LEARN MORE:

CALL: 1-888-855-7806

TEXT: “SISC” to 555888

ANDROID APP ON Google play

Available on the App Store

contigohealth

SISC
Self-Insured Schools of California
Schools Helping Schools

The SISC Enhanced Cancer Benefit

A cancer diagnosis is scary.
If you or a covered family member is facing a cancer diagnosis,
you are not alone.

The SISC Oncology Center of Excellence Program is here to help you navigate a cancer journey.

This benefit provides access to the City of Hope and is offered to SISC members on Anthem and BlueShield PPO plans at no additional cost to you*

- An in-person or virtual evaluation – (travel costs covered for patient and a companion)
- A recommended care plan from a cancer expert who will discuss it with you and your treating oncologist
- Continued access to cancer care experts for 12 months following the evaluation.

We are just a phone call away.

Learn more about the program and how to initiate care by calling Contigo Health (formerly Health Design Plus) at 877-220-3556, Monday through Friday, 6 a.m. - 6 p.m. PST

*Per IRS guidelines, this benefit is subject to the deductible for members enrolled on HSA plans. Excluding 65+ PPO Plans.

A program focused on helping you improve your health

Introducing digital diabetes prevention coaching

Roughly 88 million Americans are living with prediabetes but 84% aren't even aware they have it.[1] Prediabetes often doesn't cause symptoms, but it does increase the risk of developing type 2 diabetes, heart disease, and stroke. That's why Anthem has partnered with Lark to offer a diabetes prevention program that can help you determine if you're at risk for prediabetes and if needed, take steps to address it.

This program can help you:

- Lose weight
- Eat healthier
- Increase activity
- Sleep better
- Manage stress

Better health is within your reach

You can participate in this program at no extra cost as part of your health plan. Track your progress, check in with your coach, and learn more about prediabetes right in Lark's free mobile app. This program is flexible, convenient, and follows guidelines from the Centers for Disease Control and Prevention (CDC) to help you make small changes that can improve your health and decrease your risk over time.

Anthem lark SISC Self-Insured Schools of California *Schools Helping Schools*

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Weight loss with Lark

Losing weight can make a big difference in lowering your risk for type 2 diabetes. Lark members lose an average of 4.2% of their body weight in 12 months on the diabetes prevention program.[2] As part of the program, you receive a wireless scale at no extra cost to help you track your weight loss progress. Your scale also syncs with the Lark app so you can share updates with your coach.

24/7 coaching support

Losing weight and making lifestyle changes can feel intimidating even if you know it can lead to better health. Your coach can help you stay motivated. Send your coach a message anytime from anywhere and receive an immediate response and extra support when you need it most. During the course of the program, your coach will:

- Be available 24/7 through the Lark mobile app to provide personalized coaching.
- Customize your program based on your food preferences and lifestyle.
- Provide educational information on prediabetes and preventing type 2 diabetes.
- Help you learn about how stress affects your health and how to cope with it.

You are in control of your health. Prevent diabetes and start improving your overall health and well-being today.

Learn if you are at risk for prediabetes

Go to **lark.com/anthemBC** and take a quick one-minute survey to see if you could benefit from Lark's diabetes prevention program.

1 Centers for Disease Control and Prevention website: *Prediabetes - Your Chance to Prevent Type 2 Diabetes* (accessed October 2020): cdc.gov.

2 Lark internal data

Diabetes Prevention Program is provided by Lark, an independent company.

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Self-Insured Schools of California
Schools Helping Schools

Get Free Generic Medications at Costco and Through Mail Order

This program is available to SISC members on participating drug plans.

To locate a Costco near you, call Costco at 1 (800) 774-2678 and press 1.

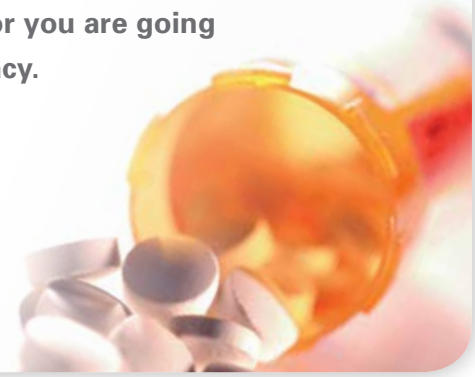
1. Take your prescription for a generic medication to a Costco Pharmacy. This includes 90-day prescriptions and supplies.

   You can also use your 90-day prescription to start Mail Order service.

2. Present the pharmacist with your insurance card.

3. Get your generic medication with a $0 co-payment. (excluding some narcotic pain medications and some cough medications).

You do not have to be a Costco member to use their pharmacy. Just tell the associate at the front door you are going to their pharmacy.



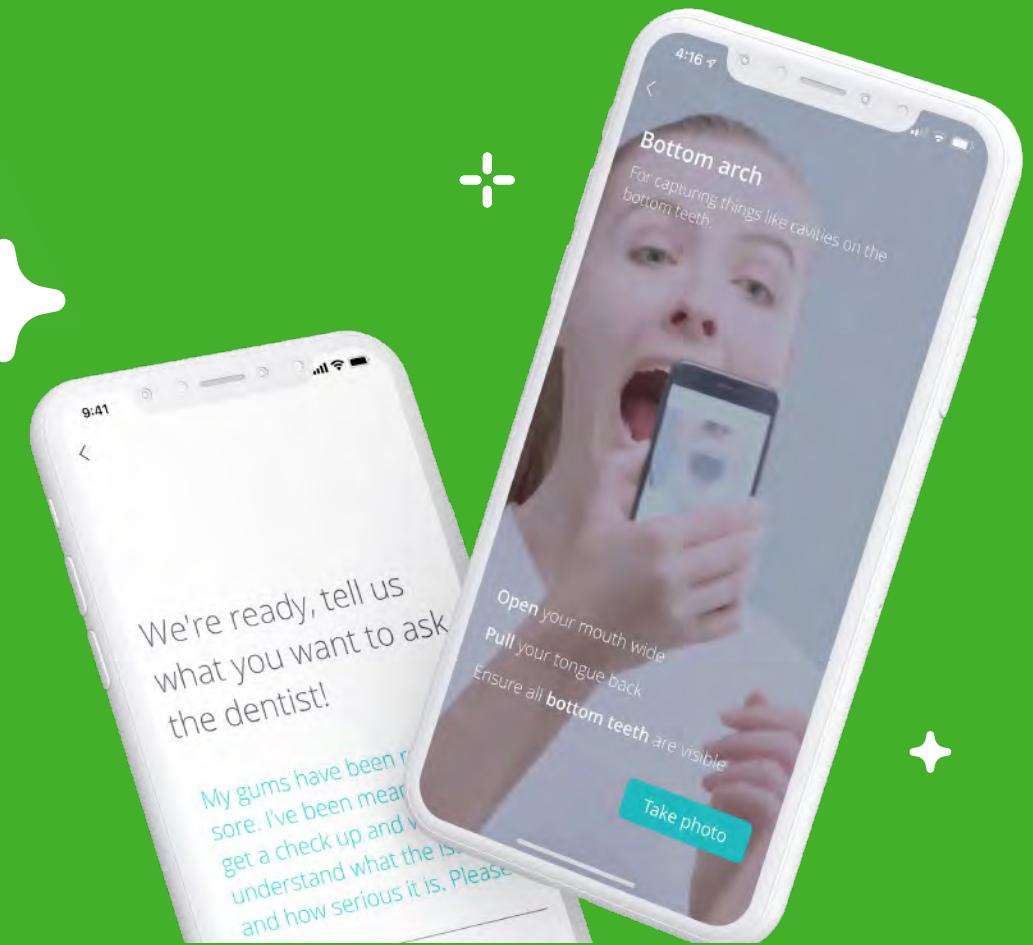
Available to SISC PPO and HMO Members. Not available to Kaiser Members.

DELTA DENTAL® | toothpic

Meet Toothpic

A new photo-based teledentistry app for PPO™ and Premier® plan members

Toothpic is an innovative app that offers virtual dental screenings for non-urgent issues from a Delta Dental PPO dentist – right from your smartphone, in under 24 hours. Delta Dental[1] has partnered with Toothpic to provide virtual assessments from in-network dentists as a covered benefit for PPO and Premier plan members.



How it works

STEP 1
Delta Dental will provide members a registration link todownload the Toothpic app.

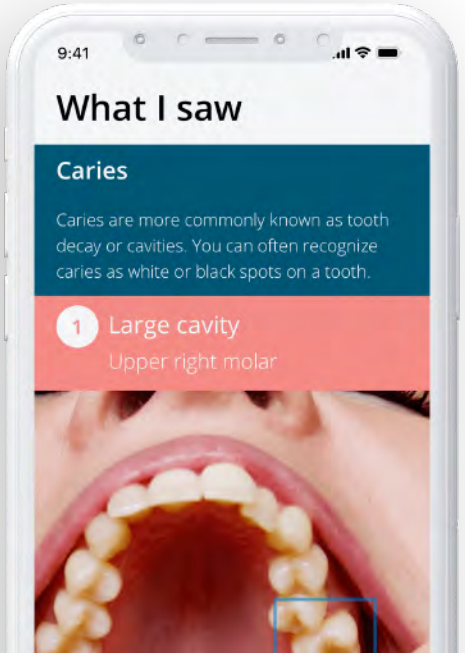
STEP 2
Members answer a few questions about their oral health history and reason for visit.

STEP 3
The app guides members to take 6 photos of their teeth, gums and areas of concern.

STEP 4
Members' case and photos are sent securely through the HIPAA-compliant app to the nearest available Delta Dental dentist.

STEP 5
In under 24 hours, members receive a personalized diagnostic report on their results!

Every issue detected is explained and marked on the photos, with severity, treatment options, and in-app access to Delta Dental's provider directory for follow-up care.



DELTA DENTAL® | toothpic

Keep your employees healthy with greater access to quality dental care

Toothpic gives your employees a fast and easy way to check on dental concerns. This helps them save time, minimizes absenteeism, and keeps employees safe from unnecessary exposure. Toothpic can be a great way to encourage your employees to use their benefits, which could lead to healthier outcomes.

Your employees can:

- Receive a **fast and easy dental screening** without an appointment, even when the dentist office is closed – **from anywhere in the US**.
- **Address non-emergency dental issues** to understand the severity of an issue and get treatment options.
- **Save time** and experience the convenience of getting a dental checkup without leaving the comfort of their home, especially if their dentist is far away or there's a limited number in their area.
- Take the first step in getting care for members who don't see a dentist regularly, and proactively **get ahead of issues before it worsens.**

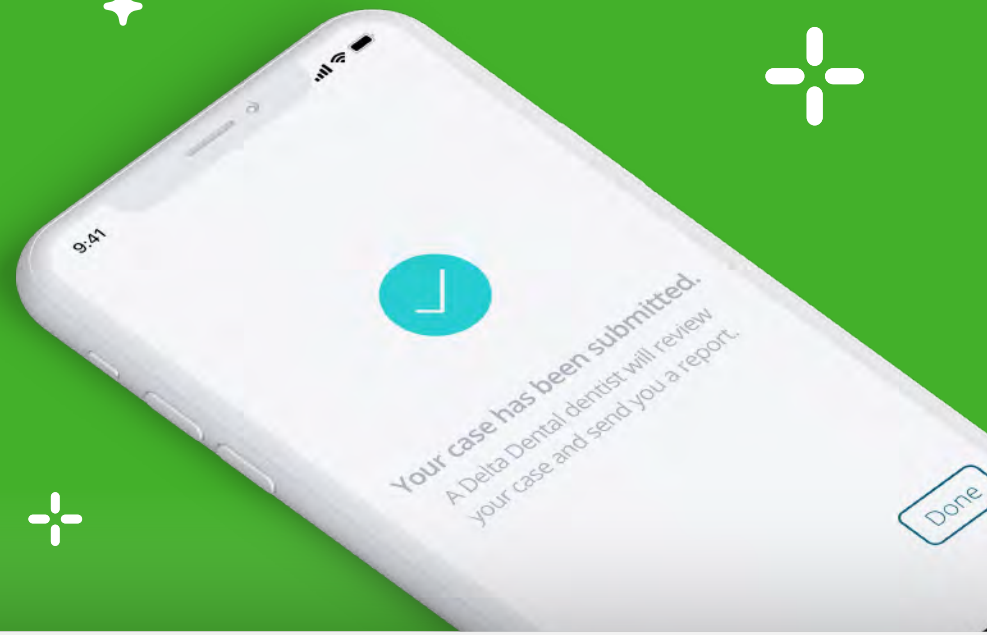
Here's what else **you need to know**:

- There are no plan design changes or new contracts for you to sign.
- There are no additional fees for your group to pay.
- A virtual dental screening is covered as a diagnostic exam and will count towards diagnostic exam frequency limitations.
- Toothpic's app is HIPAA-compliant, and all health information stored and sent through the app is encrypted, safe and secure.

Available Now!

Visit deltadental.toothpic.com

Delta Dental will provide optional marketing resources to give you an easy way to create awareness with your employees, which we encourage. Your Account Manager will reach out with more information soon.



1. Dental of California, Delta Dental of New York, Inc., Delta Dental of Pennsylvania, Delta Dental Insurance Company and affiliated companies. Delta Dental is a registered trademark of Delta Dental Plans Association.

2. Deductibles, annual maximums, co-insurance and frequency limitations apply. A Toothpic virtual dental screening will count as one of the diagnostic exams. Most plans cover two diagnostic exams per year.

DELTA DENTAL®

Virtual Consult

Delta Dental – Virtual Consult:

Use your benefits to see a dentist online

A new virtual dentistry tool for members is here. Say hello to Delta Dental – Virtual Consult.

Virtual Consult connects Delta Dental members and dentists for real-time video appointments. It's totally secure and HIPAA-compliant, and it's available for free[1] with your existing Delta Dental PPO™ or Delta Dental Premier® plan[2].

When you have an urgent issue, even if it's after hours, Virtual Consult makes getting a dentist's advice simple. Even if you don't have a dentist that you see regularly, Virtual Consult makes urgent care, e-prescriptions and check-ins with Delta Dental dentists accessible from the comfort of your own home.

Virtual Consult is great if you...

- Are experiencing an urgent dental issue
- Don't have a regular dentist
- Can't take time off work or have difficulty visiting the dentist's office
- Aren't feeling well or visiting the dentist's office isn't recommended

deltadentalins.com

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DELTA DENTAL®

Virtual Consult

What can I do with Virtual Consult?

With Virtual Consult, you can:

- **Get urgent dental care** for issues such as pain or pressure, bumps or swelling, cuts or lesions, chipped teeth and bleeding. You can even **get e-prescriptions** for pain or infections sent directly to the pharmacy of your choice.
- **Have a live video consultation** with a Delta Dental dentist from the comfort of **your own home** or anywhere you have a camera and internet-equipped computer.
- **Get follow-up instructions sent to you** and visit summaries and histories **made available for your regular dentist.** Your medical information and visit history will also be stored in your secure profile for any future visits.

Ready to get started?

Visit **deltadentalins.com/virtual-consult** for more information and to learn how to download and use Virtual Consult. For best results, please use Chrome as your browser and close any VPN or firewall connections before your appointments.

[1] Members who have 100% coverage for oral evaluations and who have not exceeded their frequency limitations for office visits or limited oral evaluations are eligible to use Virtual Consult. There are no additional costs to use the platform.

[2] Delta Dental PPO and Delta Dental Premier are open networks that allow you to visit any licensed dentist, either in the PPO network, where you will save the most on out-of-pocket costs, or the moderate cost Premier network. Outside the Delta Dental network, there are no cost protections. Members who visit a network dentist receive the advantages of no billing beyond the charges allowed by the plan and the submission of claims by dentists. In Texas, Delta Dental Insurance Company provides a dental provider organization (DPO) plan.

© Delta Dental. **Delta Dental of California,** Mid-Atlantic states (Delta Dental of Delaware, Inc.; Delta Dental of the District of Columbia; Delta Dental of New York, Inc.; **Delta Dental of Pennsylvania** [and Maryland], Delta Dental of West Virginia, Inc.) and **Delta Dental Insurance Company,** together with our affiliate companies, represent one of the country's largest dental benefits delivery systems, administering benefits to 36 million people in 15 states plus the District of Columbia and Puerto Rico. All our companies are members, or affiliates of members, of **Delta Dental Plans Association**, the national network of 39 Delta Dental companies that together provide dental coverage to 80 million people in the U.S.

deltadentalins.com

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#129611 (rev. 01/21)

DELTA DENTAL® | QualSight® LASIK

Set your sights on even more value

Think you'd never be able to afford LASIK eye surgery? Now it may be within reach. Why? Because Delta Dental[1] has selected QualSight[2] to offer you access to discounts on LASIK services. Through QualSight, you can save 40-50% off the national average price of Traditional LASIK[3] along with big savings on Custom and Custom Bladeless LASIK procedures!

Continued on back

See it to believe it. QualSight can help you find the right vision solution.

Extra savings	Expert surgeons	Expansive choice
You get preferred pricing on LASIK through QualSight providers across the nation. Plus, pre- and postoperative visits are included, along with a one-year assurance plan.	There's no need to fear — QualSight's network is built with credentialed laser eye surgeons who have collectively performed more than 6.5 million procedures.[4]	With more than 1,000 LASIK locations[4], you can choose the physician with the experience, reputation and technology your vision correction requires.

Ready. Set. Save. It only takes three simple steps to take advantage of these savings.

1. Get ready.	2. Get set.	3. Save!
Give a QualSight care manager a call at 1-855-248-2020.	A care manager will explain the program and answer any questions.	Pick a physician and pay a discounted price for LASIK services.

To learn more about the LASIK discounts, visit www.qualsight.com/-delta-dental.

[1] Delta Dental of California, Delta Dental Insurance Company, Delta Dental of Pennsylvania, Delta Dental of New York, Inc. and our affiliated enterprise companies.

[2] The Vision Corrective Services are not an insured benefit. Delta Dental makes the Vision Corrective Services program available to enrollees to provide access to the preferred pricing for LASIK surgery.

[3] Refractive Quarterly Update, Market Scope LLC, November 2018. Discounts or savings may vary by provider.

[4] QualSight provider file, February 2019

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DELTA DENTAL® | amplifon Hearing Health Care

An offer to keep you smiling — from ear to ear

You now have access to discounts on hearing aids through Amplifon Hearing Health Care.[1] Delta Dental[2] selected Amplifon, a leader in hearing health care, to act as your personal concierge. They'll guide you through every step, from using your discounts to finding the right products and care to match your hearing needs.

Continued on back

Have you heard? 48 million Americans have significant hearing loss.[3] Let Amplifon help.

The new program gives you:

Access to the best hearing aid prices, guaranteed.
There's no sign-up fee for the program, and you'll enjoy 62% average savings off retail pricing.[4] If you find a lower price at another local provider, Amplifon will not only match it, they'll beat it by 5%.[5] Plus, no interest financing is available.

Choice of top hearing aid brands.
Amplifon offers access to the nation's leading hearing aid brands featuring the latest technology. And, all products are backed by a 60-day no-risk trial.

Thousands of hearing care providers.[6]
With a broad network of hearing clinics across the nation, it's likely Amplifon has a provider near you.

Industry-leading support for your purchase.
The advantages of Amplifon don't stop right after you buy. You get one year of free follow-up care, two years of free batteries and a three-year product warranty for all hearing aid purchases.

Ready to get started? It's simple.

1

Call Amplifon at 1-888-779-1429. A Patient Care Advocate will help you find a hearing care provider near you.

2

Your advocate will explain the discount process, ask you a few simple questions, then help you make an appointment.

3

Sit back. Amplifon will send you and your selected provider the necessary information to activate your hearing aid discounts.

Take advantage of your value-added feature!
Visit www.amplifonusa.com/deltadentalins or call 1-888-779-1429 to get started.

[1] Amplifon's hearing health care services are not insured benefits. Delta Dental makes the hearing health care services program available to enrollees to provide access to the preferred pricing for hearing aids and other hearing health services.

[2] Delta Dental of California, Delta Dental Insurance Company, Delta Dental of Pennsylvania, Delta Dental of New York, Inc. and our affiliated enterprise companies.

[3] Center for Hearing and Communication; http://chchearing.org/facts-about-hearing-loss/

[4] Amplifon Hearing Health Care utilization database, January-December 2018. Discounts or savings may vary by manufacturer and technology level of the hearing aid device.

[5] Amplifon offers a price match on most hearing devices; some exclusions apply. Not available where prohibited by law. Visit www.amplifonusa.com/deltadentalins or call 1-888-779-1429 for more details.

[6] Amplifon Hearing Health Care provider file, February 2019

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Active&Fit DIRECT®

eat breathe dream fitness™

The Active&Fit Direct™ program allows you to choose from 9,000+ participating fitness centers and YMCAs nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes).

The program offers:

- Online directory maps and locator for fitness centers (available on any device)
- A free guest pass to try out a fitness center before enrolling (where available)
- The option to switch fitness centers to make sure you find the right fit
- Online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment

GET A FITNESS CENTER MEMBERSHIP
$25
A MONTH
9,000+ FITNESS CENTERS
JOIN NOW
™

To enroll, visit SpecialOffers by logging in to **www.anthem.com/ca/sisc** and clicking on Discounts.

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vida | SISC Self-Insured Schools of California

A personal health coach, to help you get healthier

Available at no cost to you, Vida Health matches you to a health coach with proven success in helping people improve nutrition, lose weight, manage stress and make the kind of lifestyle changes that lead to happier, healthier lives.

Whether you want to focus on nutrition, weight loss, anxiety, depression or simply building healthy routines one day at a time, your coach will develop a personal plan and guide you every step of the way.

You can sync devices – like fitness trackers, scales, and blood sugar meters – to monitor your progress in the app. And simple lessons and practices will help you create new healthy habits to last a lifetime.

"I got farther in 1 year than I have in 2 decades of trying on my own." - Jenny

"In less than a year, I have lost 75 pounds and I'm no longer on blood pressure medication." - Natalie

"My energy is high every day, I am far less irritable, I've lost more than 25 pounds, and every aspect of my life has improved!" - Brad

- Download the app
- Choose your coach, therapist or nutritionist
- Set your goal
- Have weekly video calls and message anytime
- Develop new healthy habits

Download the Vida Health app from your phone's app store or visit vida.com/sisc to learn more (Available at no cost to you)

GET IT ON Google Play | Download on the App Store

Anthem and Blue Shield PPO and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health. Per IRS guidelines, this is subject to deductible for HSA members.

Programs to fit your needs

CHRONIC	THERAPY	LIFESTYLE
Manage COPD	Reduce depression	Quit smoking
Lower blood pressure		Lose weight
Lower cholesterol		Exercise more
Manage Asthma	Reduce anxiety	Sleep better
Prevent diabetes		Manage stress
Manage Diabetes		Eat better

Become your healthiest self with Vida

Elaine has lost 28 pounds and 9+ inches from her waist. She tracked her weekly progress:

Week 1: "Heartburn gone."

Week 3: "Used a Fitbit to start 6,000 steps per day."

Week 5: "Vida coach taught me to use food as medicine. Kept up with my son at the trampoline park!"

Week 7: "A lot of people have noticed the 15-pound loss."

Week 9: "My body is functioning as it did 10 years ago."

Week 16: "Put on the size 5 ring my daughter bought me!!!"

Download the Vida Health app from your phone's app store (Available at no cost to you)

GET IT ON Google Play

Download on the App Store

Anthem and Blue Shield PPO and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health. Per IRS guidelines, this is subject to deductible for HSA members.

Live life to the fullest – without paying full price

Save money with discounts at anthem.com/ca

Saving money is good. Saving money on things that are good for you — that's even better. With SpecialOffers, you can get discounts on products and services that help promote better health and well-being.* It's just one of the perks of being an Anthem member. Check out how much you can save:

Vision, hearing and dental

Glasses.com™ and 1-800-CONTACTS® — Get the latest brand-name frames for just a fraction of the cost at typical retailers — every day. Plus, you get an additional $20 off orders of $100 or more, free shipping and free returns.

EyeMed — Get 30% off a new pair of glasses, 20% off non-prescription sunglasses and 20% off all eyewear accessories.

Premier LASIK — Save $800 on LASIK when you choose any 'featured' Premier LASIK Network provider. Save 15% with all other in-network providers.

TruVision — Save up to 40% on LASIK eye surgery at more than 1,000 locations (over 6.5 million procedures performed in the network).

Nations Hearing — Get hearing screenings and in-home service at no additional cost. All hearing aids start at $599 each, powered by the Beltone network.

Hearing Care Solutions — Digital instruments start at $500. Plus, get a free hearing exam. Hearing Care Solutions has 3,100 locations and eight manufacturers, and offers a three-year warranty, two years of batteries and unlimited visits for one year.

Amplifon — Get 25% off, plus an extra $50 off one hearing aid; $125 off two.

ProClear™ Aligners — Get $1,200 off a set of custom aligners. Improving your smile shouldn't cost a fortune. Now you can get a beautiful, professional smile in the comfort of your own home — all at a 50% savings. No metal braces; no time-consuming dentist visits; no hidden fees. Order now and get a free whitening kit, along with your great-looking smile.

Anthem

Check out more SpecialOffers on the other side.

SpecialOffers on anthem.com/ca

Fitness and health

Active&Fit Direct™ — Active&Fit Direct allows you to choose from more than 9,000 participating fitness centers nationwide for $25 a month (plus a $25 enrollment fee and applicable taxes). Offered through American Specialty Health Fitness, Inc.

FitBit — Get fit your way with Fitbit trackers and smartwatches that fit with your lifestyle, budget and goals. Save up to 22% on select Fitbit devices.

Garmin — Get 25% off select Garmin wellness devices.

Jenny Craig — Take advantage of a free, three-month program (food not included) plus $120 in food savings (purchase required), or save 50% off premium programs (food cost separate).

ChooseHealthy — Get discounts on acupuncture, chiropractic, massage and fitness clubs.

Global Fit — Get discounts on gym memberships, fitness equipment, coaching and more.

Family and home

23andMe — Get $40 off each Health + Ancestry kit. Your DNA says a lot about you. Save 20% on a 23andMe kit and learn about your wellness, ancestry and more.

Safe Beginnings® — Babyproof your home while saving 15% on everything from safety gates to outlet covers.

Nationwide Pet Insurance — Receive an automatic 5% discount when you enroll through your company or organization. Save up to 15% when you enroll multiple pets.

ASPCA Pet Insurance — Get 5% off pet insurance. You can choose from three levels of care, including flexible deductibles and custom reimbursements.

WINFertility® — Save up to 40% on infertility treatment. WINFertility helps make quality treatment affordable.

LifeMart® — Get great deals on beauty and skin care, diet plans, fitness club memberships and plans, personal care, spa services and yoga classes, sports gear and vision care.

Medicine and treatment

SelfHelpWorks — Choose one of the online Living programs and save 15% on coaching to help you lose weight, stop smoking, manage stress or diabetes, restore sound sleep or face an alcohol problem.

Brevena — Enjoy a 41% discount on BREVENA® skin care creams and balms for smooth, rejuvenated skin from face to foot.

Puritan's Pride — Choose from a large selection of discounted vitamins, minerals and supplements from Puritan's Pride.

Allergy Control Products — Save 20% on select doctor-recommended products such as allergy friendly bedding, air purifiers and filters, asthma products and more. Plus enjoy free shipping on all orders over $79 when shipping ground within the contiguous U.S.

National Allergy® supply — Save 20% on select National Allergy® Doctor Recommended Products.

- Allergy bedding
- Air purifiers and filters
- Home allergy products
- Personal care
- Humidifiers and dehumidifiers
- Vacuums and steam cleaners

To find the discounts that are available to you, log in to **anthem.com/ca** and select **Discounts**.

* All discounts are subject to change without notice.

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