



SISC

Self-Insured Schools of California
Schools Helping Schools

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 (EAP)

Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues.

Free to all SISC members
Call 800-999-7222
Visit anthemeap.com/sisc



24/7 Virtual Primary Care Doctor

Centivo Care

Skip the waiting room and get quick answers with primary care in your pocket. Use the Centivo app for same-day appointments, prescriptions, and follow-up care through secure video or live chat.

Visit centivocare.com/sisc/
Scan the QR code to download the free Centivo Care app
[Apple store](#)
[Android store](#)



24/7 Physician Access – Anytime, Anywhere

MDLive

Access 24/7 virtual urgent care and appointment-based mental health services, including therapy and psychiatry for members ages 10 and older. Prescriptions may be provided when appropriate.

Free to Anthem and Blue Shield members
Call 888-632-2738
Visit mdlive.com/sisc



Expert Medical Opinions

Teladoc Medical Experts

Get answers to any medical question and a second opinion from world-leading experts. Specialists can review your diagnosis and treatment plan to help you make informed decisions.

Free to Anthem, Blue Shield, and Kaiser Permanente members
Call 800-835-2362
Visit teladochealth.com/SISC



Free Generic Medications

Costco

Get most generic prescriptions at no cost through Costco retail or mail-order pharmacies—no Costco membership required. Enjoy free home delivery from your local Costco via Instacart, with a text sent once your prescription is ready. Easy, convenient, and hassle-free.

Free to Anthem and Blue Shield members
Call 800-774-2678 (press 1)
Visit Costco.com/pharmacy
A deductible may apply for HSA members.



24/7 Access to Virtual Maternity and Postpartum Support

Maven

Connect with specialists and a care advocate from pregnancy to postpartum, and enjoy a free 6-month diaper subscription when you enroll before your third trimester.

Free to Anthem and Blue Shield PPO members
Visit mavenclinic.com/join/sisc



Members on HSA & MEC are eligible. Per IRS guidelines, in person services are subject to deductible for HSA members.

CONTINUES

MidiHealth

Virtual Menopause Care*Midi Health*

Expert menopause care from home. Get personalized treatment plans, prescriptions when appropriate, and lifestyle support through virtual visits. A deductible may apply for HSA members.

Free to Anthem and Blue Shield members
Standard cost-share applies
Visit joinmidi.com/sisc

**Physical Therapy for Back or Joint Pain***Hinge Health*

Conquer pain and restore mobility with personalized exercises and one-on-one guidance from a physical therapist. Plus, access to orthopedic specialists for extra support.

Free to Anthem and Blue Shield PPO members
Call 855-902-2777
Visit hingehealth.com/sisc

**Hip, knee, and spine surgical benefit***Carrum Health*

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefits cover all related travel and medical bills. A deductible may apply for HSA members.

Free to Anthem and Blue Shield PPO members
Call 888-855-7806
Visit info.carrumhealth.com/sisc/

**Enhanced Cancer Benefit***Lantern Cancer Care*

Get help from a personal oncology nurse who can partner with you on every step of your cancer journey, including a review of your initial diagnosis and development of a care plans.

Visit lanterncare.com

**Autoimmune Support***WellTheory*

Take control of your autoimmune health. Work with expert coaches to fill gaps left by medications and ease chronic symptoms like pain, fatigue, and digestive issues.

Visit welltheory.com/partner/sisc

**Personal Health Coaching and Therapy***Vida Health*

Personalized support for your health. The Vida app offers one-on-one health coaching, therapy, chronic condition management, and easy-to-use health tracking tools.

Free to Anthem and Blue Shield members
Call 855-442-5885
Visit vida.com/sisc



Members on HSA & MEC are eligible. Per IRS guidelines, in person services are subject to deductible for HSA members.

**SISC**

Self-Insured Schools of California
Schools Helping Schools

A joint powers authority administered by the
Kern County Superintendent of Schools Office,
John G. Mendiburu, Ed.D., Superintendent

STABILITY | EXPERTISE | INNOVATION

