








APPENDIX

Flyers

-  **Eden Health**
-  **Maven Maternity Care**
-  **Value-Based Site of Care**
-  **SISC Added Value Programs**
-  **Quest Scheduling Flyer - PSC**
-  **Delta SmileWay Program**
-  **Anthem Ortho at Home with Byte**
-  **Anthem Sydney Mobile App**
-  **Blue Shield Mobile App**
-  **Kaiser Permanente Mobile App**



SISC

Self-Insured Schools of California

Schools Helping Schools

Need a Primary Care Doctor?

Just ask Eden. You'll get connected to an entire health Care Team.

As part of your SISC PPO Medical Benefits, you have 24/7 access to a Care Team who works together to offer you primary care, mental health support, and answers to follow-up care questions through one app. The answer to most of your health questions is now simple: "Just Ask Eden."

WE'RE HERE, 24/7/365



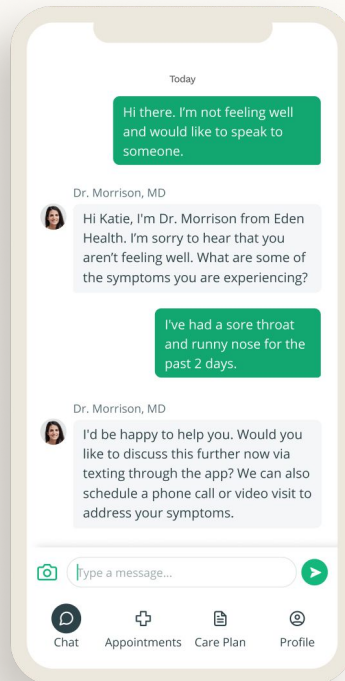
Diagnoses and
Treatments



Prescription Refills



Scheduled video visits or
live chat with a primary
care physician



Answers to follow
up care questions



Specialist Referrals



Mental Health
Support

IT'S NEVER BEEN EASIER TO STAY ON TOP OF YOUR HEALTH:

Confidential and never
shared with your employer

Available at no cost to
SISC Anthem and Blue
Shield PPO members*

Access for
dependents over 18

Scan the QR code to download the Eden Health app, and register for your free Eden Health membership.

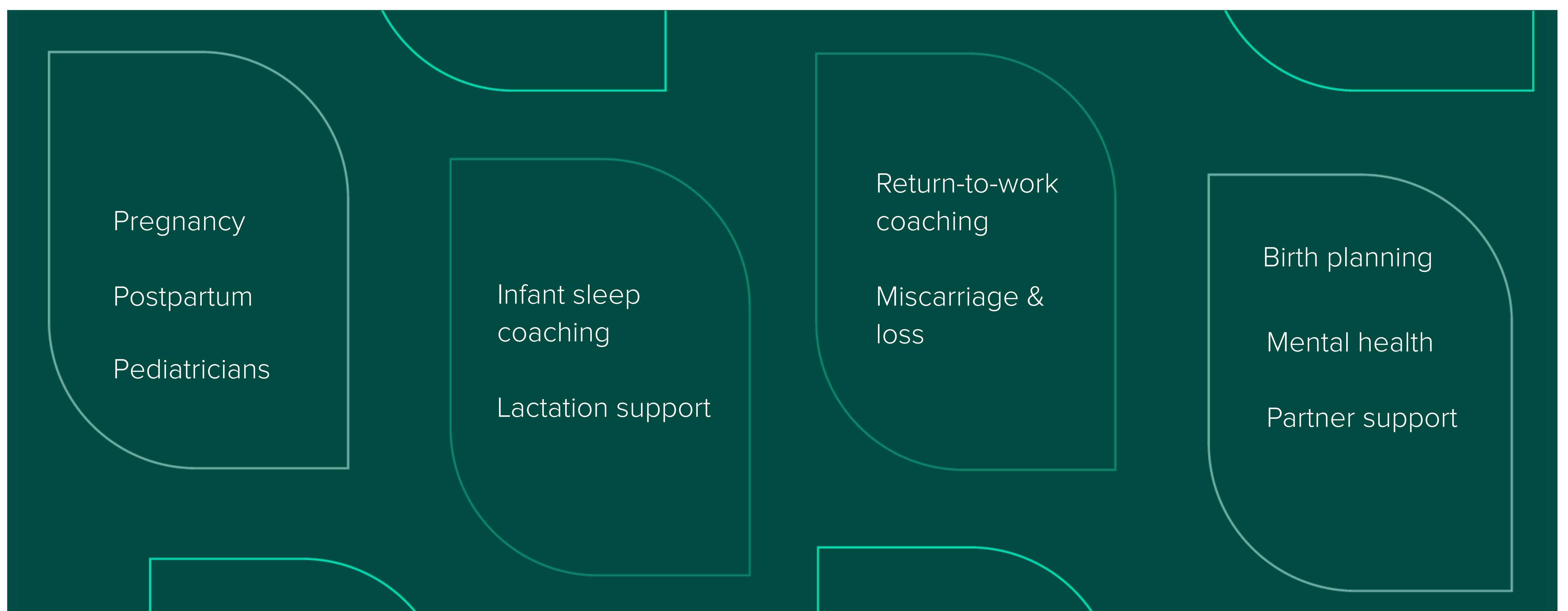


Virtual care designed for you and your family

SISC is providing members and their partners with free access to virtual care through Maven for pregnancy, postpartum, and returning to work after parental leave. Use Maven for 24/7 access to doctors, specialists and coaches and trustworthy content tailored to your experience.



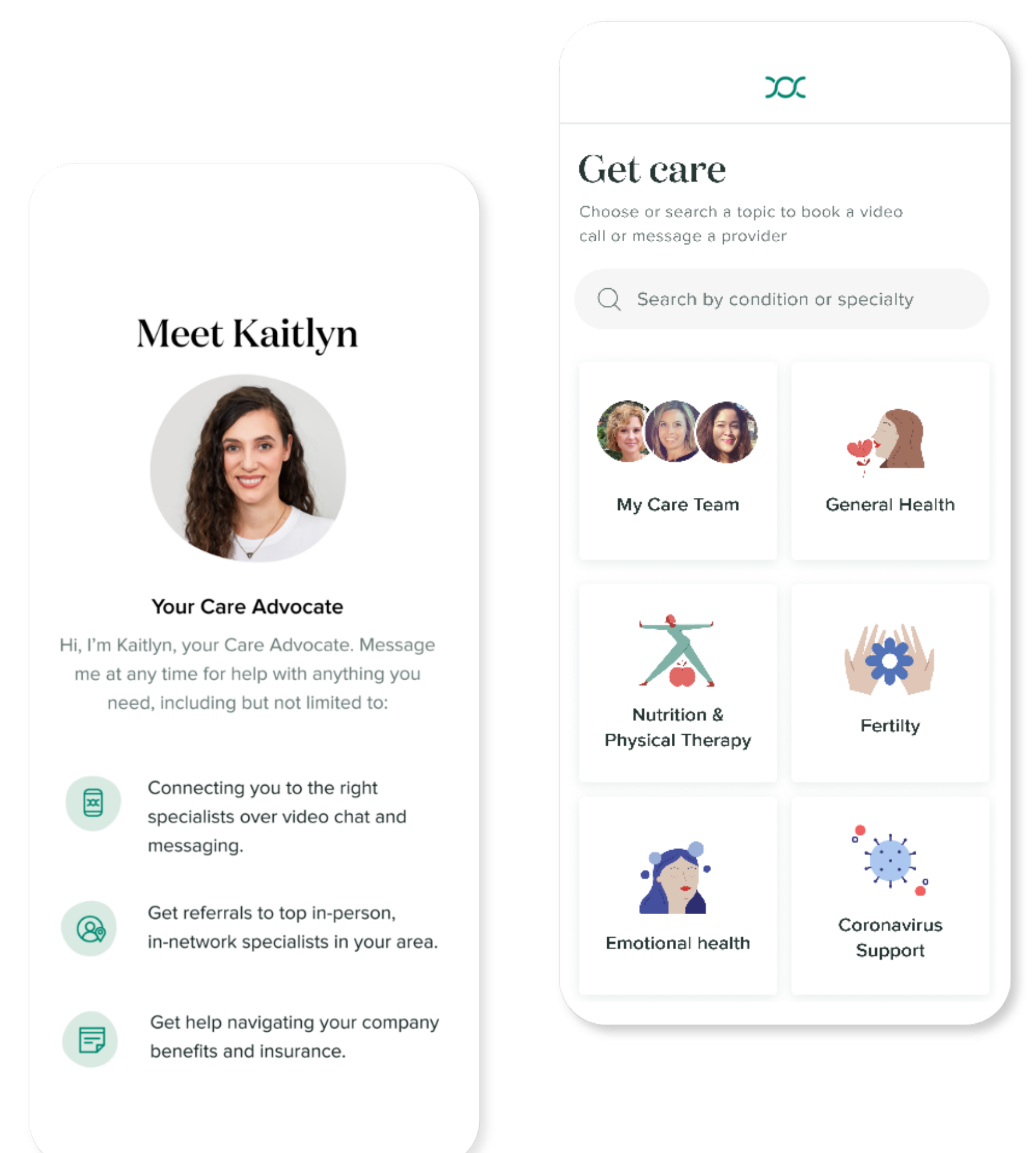
Personalized support for every step of your journey:



Your membership includes:

- A personal Care Advocate who serves as a trusted guide to help you navigate the Maven platform and connect you with providers throughout your journey
- Unlimited video chat and messaging with doctors, nurses, and coaches across 35+ specialties, including OB-GYNs, midwives, high-risk obstetricians, nutritionists, lactation consultants, and career coaches
- Provider-led virtual classes and vetted articles—tailored to your journey

Free diaper subscription from SISC once your baby is born and you complete the Maven Maternity program!



Activate your free membership by scanning the QR code, downloading the Maven Clinic app, or visiting mavenclinic.com/join/SISC.

Enrollment in Maven is confidential.



Value Based Site-of-Care Benefit

The cost of health care has been increasing at unsustainable rates. Overpriced health care is taking money out of all of our pockets. It results in higher premiums, less money for salaries, and people moving to benefit plans with higher deductibles and co-pays. At SISC, we continually evaluate ways to limit unnecessary spending in an effort to keep benefits affordable without impacting access to high quality and safe care.

Hospitals and Ambulatory Surgery Centers (ASCs)

The facility fees for outpatient procedures at hospitals can be several times higher than at ASCs, for the same service provided to the same patient, by the same doctor with the same equipment, medications and supplies.

ASCs have established track records of providing quality outcomes that are at least as good as or better than hospitals. ASCs tend to be more specialized with less exposure to a wide range of infections. And infections can cause complications that create more problems for the patient and their recovery. In addition, hospitals tend to have more cumbersome check-in and check-out processes. Outpatient procedures can be safely performed at an ASC more quickly for a fraction of the cost.

Incenting the appropriate use of ASCs helps curb the out-of-control cost of health care.

SISC PPO plans limit the maximum benefit amount at an in-network outpatient hospital facility for the following five procedures:

	Arthroscopy	Cataract Surgery	Colonoscopy	Upper GI Endoscopy with Biopsy	Upper GI Endoscopy without Biopsy
Maximum benefit at an in-network outpatient hospital facility	\$4,500	\$2,000	\$1,500	\$1,250	\$1,000
There is no limit at an in-network Ambulatory Service Center (ASC)	There is no maximum benefit limit at an ASC.				

Note: The value-based site of care benefit applies to facility fees only. The fees paid to physicians and any other practitioners who assist in the procedure, such as an anesthesiologist or radiologist, are not affected by this change.

If you use an in-network ASC, you will only be responsible for the regular deductible and coinsurance.

If you use an in-network outpatient hospital facility, you will be responsible for the regular deductible and coinsurance **PLUS any amount by which the hospital charge exceeds the maximum benefit**.

The benefit includes a simple process to exempt the member if the physician provides clinical justification for using a hospital. It also allows exceptions when a member lives more than 30 miles from an ASC and a hospital that offers the service for less than the maximum benefit or if a procedure cannot be scheduled in a medically appropriate timely manner due to available ASCs not having capacity.

IMPORTANT: Most physicians have privileges at both hospitals and ASCs. If you need one of the outpatient procedures on the list shown above, it will be up to you to either request treatment at the in-network ASC or have your doctor obtain an advance certification from your health plan.



Transform your health. Schedule your screening today.



**At a Patient Service Center (PSC)
Quest Diagnostics has 2,250 PSC
locations nationwide.**

Schedule an appointment at My.QuestForHealth.com*

- Use **Registration Key: SISC2024**
- In the **Wellness Screening** section, under **Patient Service Center**, select **Schedule a Screening**
- If you schedule as a walk-in, you may be required to make an appointment upon check-in
- You will receive an email when your results are ready to view online
- Please note: Member awards will be distributed to the email used at registration within 30 days of the completed appointment.

Take charge of your health.

*If you're unable to register online, please call 1.855.623.9355.

Quest Diagnostics Incorporated and its subsidiaries (Quest) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1.844.698.1022. ATENCIÓN: Si habla español (Spanish), tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1.844.698.1022. 注意: 如果您使用繁體中文 (Chinese), 您可以免費獲得語言援助服務。請致電 1.844.698.1022.

Quest, Quest Diagnostics, any associated logos, and all associated Quest Diagnostics registered or unregistered trademarks are the property of Quest Diagnostics. All third-party marks—® and ™—are the property of their respective owners. ©2023 Quest Diagnostics Incorporated. All rights reserved. PAR0008 11/2023

Support for chronic conditions

Your plan offers additional dental coverage to support your overall health



Chronic conditions and the medications used to treat them can impact your oral health. If you or a covered family member has been diagnosed with a chronic medical condition like diabetes, cancer or rheumatoid arthritis, you may benefit from additional teeth and gum cleanings.

Take advantage of expanded coverage to help safeguard your oral health. To qualify, you or a covered family member must be diagnosed with any of the following:

- Amyotrophic lateral sclerosis (ALS)
- Cancer
- Chronic kidney disease
- Diabetes
- Heart disease
- HIV/AIDS
- Huntington’s disease
- Joint replacement
- Lupus
- Opioid misuse and addiction
- Parkinson’s disease
- Rheumatoid arthritis
- Sjögren’s syndrome
- Stroke

SmileWay® Wellness Benefits¹

100% coverage	One periodontal scaling and root planing procedure per quadrant (D4341 or D4342) per calendar or contract year ²
Four of the following (any combination) per calendar or contract year:²	
100% coverage	Prophylaxis (teeth cleaning) (D1110 or D1120)
	Periodontal maintenance procedure (D4910)
	Scaling in presence of moderate or severe gingival inflammation (D4346)

¹ Known as SmileWay Enhanced Benefits in Texas.

² This coverage is subject to any applicable maximums and deductibles under the terms and conditions outlined in your plan’s Evidence of Coverage. Please review your plan booklet for specific details about your coverage.

Delta Dental PPO™ is underwritten by Delta Dental Insurance Company in AL, DC, FL, GA, LA, MS, MT, NV and UT and by not-for-profit dental service companies in these states: CA — Delta Dental of California; PA, MD — Delta Dental of Pennsylvania; NY — Delta Dental of New York, Inc.; DE — Delta Dental of Delaware, Inc.; WV — Delta Dental of West Virginia, Inc. In Texas, Delta Dental Insurance Company provides a dental provider organization (DPO) plan.



Opt in by visiting
www1.deltadentalins.com/smileway
or by calling Customer Service
Monday through Friday.



deltadentalins.com/enrollees



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

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

All employees at member districts

Call 800-999-7222

Visit anthemEAP.com and enter SISC



24/7 Virtual Primary Care Doctor

Eden Health

Virtually connect with a primary care physician to manage all your physical and mental healthcare needs. Eden providers diagnose conditions, manage prescriptions, refer to specialists, and answer follow up questions using video visits or live chat.

Anthem PPO members

Scan the QR code to download the **Eden Health app**, and register for your **Eden Health membership**.



Personal Health Coaching

Vida Health

Get one-on-one health coaching, therapy, chronic condition management, health trackers and other tools and resources online or via phone.

Anthem members

Call 855-442-5885

Visit vida.com/sisc



24/7 Physician Access—Anytime, Anywhere

MDLive

Access to virtual visits with psychiatrists and therapists for members age 10 and up. Virtual urgent care services are available to all members. Physicians can prescribe medication when appropriate.

Anthem members

Call 888-632-2738

Visit mdlive.com/sisc



Free Generic Medications

Costco

Access most generic medications at no cost through Costco retail and mail order pharmacies. You don't need to be a Costco member.

Anthem members

Call 800-774-2678 (press 1)

Visit costco.com





Expert Medical Opinions

Teladoc Medical Experts

Get answers to health care questions and second opinions from world-leading experts.

Anthem members

Call 800-835-2362

Visit teladoc.com/SISC



Physical Therapy 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 PPO members

Call 855-902-2777

Visit hingehealth.com/sisc



24/7 Access to Virtual Maternity and Postpartum Support

Maven

Consult with a care advocate who connects you with trustworthy content delivered by doctors, specialists coaches and other maternity providers to help deal with pregnancy and postpartum concerns.

Anthem PPO members

Call 855-442-5885

Visit mavenclinic.com/join/SISC



Hip, Knee, and Spine Surgical Benefit

Carrum Health

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefit covers all related travel and medical bills.

Anthem PPO members

Call 888-855-7806

Visit carrumhealth.com/sisc



Enhanced Cancer Benefit

Cancer Care Direct

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 plan.

Anthem PPO members

Visit cancercaredirect.com





Straighten your teeth at home

Clear aligners from Byte are covered as part of Anthem's Ortho@Home solution

If you need mild-to-moderate teeth straightening and your Anthem dental plan includes orthodontic care,¹ the teeth aligners from Byte[®] give you a convenient way to improve your smile — without the cost and hassle of full braces.²

A more confident smile at a lower price

This orthodontia benefit offers:

- At-home impressions of your teeth.
- A customized treatment plan from a dentist or orthodontist.
- Digital and online access to track your progress.
- Faster treatment times due to HyperByte[®], a high-frequency vibration device that helps set your aligners.
- Premier teeth whitening at no additional cost and a lifetime guarantee³ at no additional cost.

With treatment plans monitored from the convenience of home, you'll get straight teeth without needing to go to the dentist every month.

The company's exclusive HyperByte device uses high-frequency vibrations to help fit your aligners for better traction, more accurate teeth movement, and faster treatment times.

You can see the savings

Along with the time-saving convenience of not needing to go to a dentist's office for teeth alignment, Byte can also help you save money.

Here's how you'll save:

- Byte is up to 60% less than traditional braces.
- Anthem's special member rate with Byte is lower than their regular retail price.
- The amount you pay out-of-pocket is usually \$1,000 or less.⁴

To learn more, visit byte.com or call 866-478-5541.

Anthem 

byte

¹ You will receive the lowest negotiated fee for the teeth aligners and treatment. Your out-of-pocket cost will depend on the orthodontia coverage in your dental plan. Check your dental benefits using the Sydney HealthSM app or visit anthem.com/ca.

² Ortho@Home is covered for members with orthodontic coverage on Dental 100, 200, 300, and Prime and Complete networks. Products include Dental Blue, Prime, and Complete, and Essential Choice PPO.

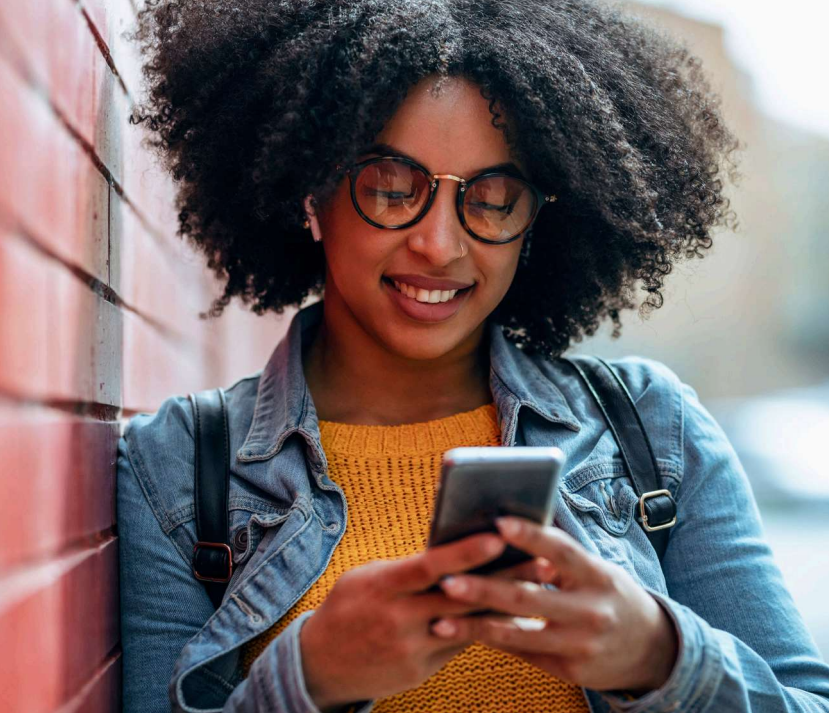
³ Lifetime guarantee applies as long as you replace your Byte retainers every six months and wear them as prescribed.

⁴ For illustrative purposes. Savings may differ based on your plan's orthodontic coverage and your location. Example assumes an orthodontic annual maximum of \$1,000 with 50% coinsurance.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan. ©2024

Anthem Blue Cross is the trade name of Blue Cross of California. Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

126127CAMENABC VPOD Rev. 12/22



The Sydney Health mobile app makes healthcare easier

Access personalized health and wellness information wherever you are

Use SydneySM Health to keep track of your health and benefits — all in one place. With a few taps, you can quickly access your plan details, Member Services, virtual care, and wellness resources. Sydney Health stays one step ahead — moving your health forward by building a world of wellness around you.

Find Care

Search for doctors, hospitals, and other healthcare professionals in your plan's network and compare costs. You can filter providers by what is most important to you, such as gender, languages spoken, or location. You'll be matched with the best results based on your personal needs.

My Health Dashboard

Use My Health Dashboard to find news on health topics that interest you, health and wellness tips, and personalized action plans that can help you reach your goals. It also offers a customized experience just for you, such as syncing your fitness tracker and scanning and tracking your meals.

Chat

If you have questions about your benefits or need information, Sydney Health can help you quickly find what you're looking for and connect you to an Anthem representative.

Virtual Care

Connect directly to care from the convenience of home. Assess your symptoms quickly using the Symptom Checker or talk to a doctor via chat or video session.

Community Resources

This resource center helps you connect with organizations offering no-cost and reduced-cost programs to help with challenges such as food, transportation, and child care.

My Health Records

See a full picture of your family's health in one secure place. Use a single profile to view, download, and share information such as health histories and electronic medical records directly from your smartphone or computer.



Download the Sydney Health app today

Use the app anytime to:

- Find care and compare costs.
- See what's covered and check claims.
- View and use digital ID cards.
- Check your plan progress.
- Fill prescriptions.



Scan the QR code to download the Sydney Health app.

You can also set up an account at [anthem.com/ca/register](https://www.anthem.com/ca/register) to access most of the same features from your computer.

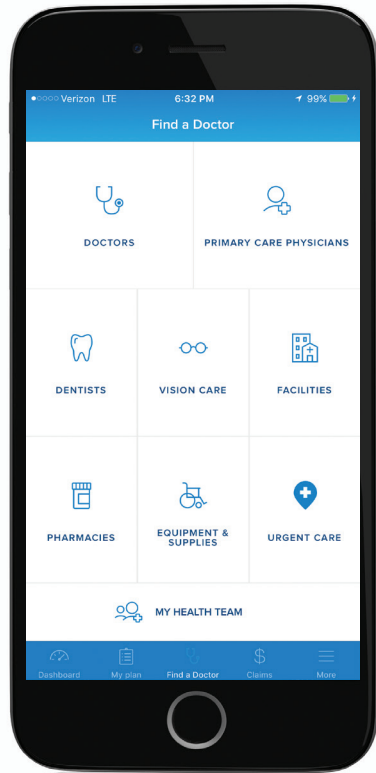
In addition to using a telehealth service, you can receive in-person or virtual care from your own doctor or another healthcare professional in your plan's network. If you receive care from a doctor or healthcare professional not in your plan's network, your share of the costs may be higher. You may also receive a bill for any charges not covered by your health plan.

Sydney Health is offered through an arrangement with Carelon Digital Platforms, a separate company offering mobile application services on behalf of your health plan, ©2020-2022 The Virtual Primary Care experience is offered through an arrangement with Hydrogen Health. Anthem Blue Cross is the trade name of Blue Cross of California, Anthem Blue Cross and Anthem Blue Cross Life and Health Insurance Company are independent licensees of the Blue Cross Association, Anthem is a registered trademark of Anthem Insurance Companies, Inc.

116947CAMENABC VPOD BV Rev. 09/22

Manage your health care anytime, anywhere from your phone, tablet, or computer

Get 24/7 access to your Blue Shield health plan information through our mobile app and website.



It's easy to get started:

From your phone, download the Blue Shield of California mobile app on the [App Store](#)SM or [Google Play](#)TM and click register.



From your computer, register for your online account at blueshieldca.com/godigital.

Once you register, you'll be able to:

- Find a doctor or urgent care center near you
- View or print your Blue Shield member ID card
- Check your deductible and copayment/coinsurance year-to-date totals
- View your claims
- Review your benefits information
- See your wellness benefits

Apple and the Apple logo are trademarks of Apple Inc. App Store is a service mark of Apple Inc.

Google Play and the Google Play logo are trademarks of Google LLC.

Blue Shield and the Shield symbol are registered trademarks of the BlueCross BlueShield Association, an association of independent Blue Cross and Blue Shield plans.

Get more out of your mobile

- 1 Register on **kp.org** to get secure access to My Health Manager – your one-stop resource for managing your care online.
- 2 Download the Kaiser Permanente app to access all the convenient features of My Health Manager on your smartphone. Download the app from the App StoreSM or Google Play[®] at no cost.*
- 3 Open the app on your smartphone and log in using your **kp.org** registration credentials. Using the app, here's what you can do right from your smartphone:
 - Email your doctor's office.
 - View most lab test results.
 - Refill most prescriptions.
 - Schedule or cancel routine appointments.
 - **New:** Access a digital version of your membership card.

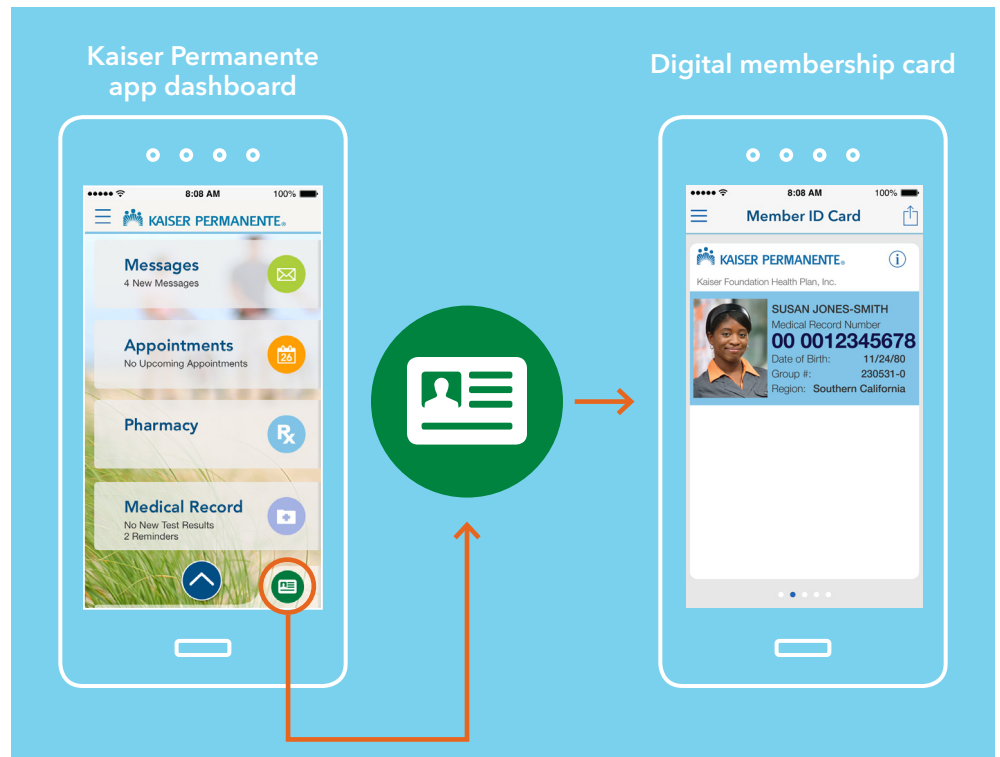
NEW!

Digital membership card

Access your membership information anytime, anywhere with an electronic version of your membership card. The integrated photo serves as valid ID.

- Check in for appointments.
- Pick up prescriptions.
- Access your family's membership information.

To use your digital membership card, tap the card icon at the bottom of the Kaiser Permanente app dashboard.



Note: Many of these features are available only to members receiving care at Kaiser Permanente medical facilities. As of April 2016 the digital membership card is not available to members in certain plans including Medicare, PPO, and out-of-area.

*App Store is a service mark of Apple, Inc. Google Play is a trademark of Google, Inc.

SISC is providing PPO members with Cancer Care Direct

To support our members no matter what may come.

You may not need cancer treatment support today, but we want you to know what's available should the need ever arise.

Facing a cancer diagnosis can be overwhelming.

Cancer Care Direct is here to help with personalized guidance, support, and more.



Guided Support

Get help from a personal Oncology Nurse who can partner with you through every step of your cancer journey.



Accessing Excellent Care

Keep your oncology care local, while we add access to the top national cancer centers if needed.



Expert Review & Advice

We can coordinate expert reviews of your diagnosis and your treatment plan to be sure you're getting the right care, at the right place at the right time.



Want to know more?

We believe everyone deserves a confident and capable partner for every step of a cancer journey.

Learn more about this new SISC-provided benefit today.



Scan to learn more at
CancerCareDirect.com
or download our app