



# You get access and convenience to these innovative programs



## BENEFIT HIGHLIGHTS



## 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.

Call 800-999-7222

Visit [anthemEAP.com/SISC](https://anthemEAP.com/SISC)



### Expert Medical Opinions

#### *Teladoc Medical Experts*

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

Call 855-380-7828

Visit [teladoc.com/SISC](https://teladoc.com/SISC)



### 24/7 Physician Access—Anytime, Anywhere

#### *MDLive*

Consult with doctors and pediatricians over the phone or using online video for common medical conditions and behavioral health issues. Physicians can prescribe medication when appropriate. \*copays may apply

Call 800-657-6169

Visit [mdlive.com/sisc](https://mdlive.com/sisc)



### 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.

Call 855-442-5885

Visit [vida.com/sisc](https://vida.com/sisc)



### Health Screening Program

#### *Quest*

Health screening measures your blood pressure, cholesterol, glucose and other important health-risk indicators. You immediately receive your confidential results; no one at your school will have access. Every participant gets a \$25 Amazon gift code by email within 30 days of the event.

If your district participates, you will be provided with event information.



### Flu Shot Program

#### *Costco*

Flu shot clinics are hosted at your school and available to every WABE member and covered family members.

If your district participates, you will be provided with event information.