



## **Vida Health: Free remote and timely access to personal health care support**

With the health care system struggling to keep up with the needs of many people, Vida Health provides free access to personal health care support.

SISC members on Anthem Blue Cross or Blue Shield PPO and HMO plans are encouraged to participate in a webinar to learn how Vida can help address their health care needs.

### **Vida will host a webinar on Tuesday, May 5th at 3:30 PM.**

The number of participants is limited. We recommend registering as soon as possible.

#### **Registration link for webinar:**

[https://vida.zoom.us/webinar/register/WN\\_5KQ5obz8ROGY1nRrKymDeg](https://vida.zoom.us/webinar/register/WN_5KQ5obz8ROGY1nRrKymDeg)

Although Vida is an app-based service, a prominent part of the program includes a health coach who can help members:

- manage chronic medical conditions
- cope with stress, anxiety and depression
- lose weight
- improve sleep
- and much more

When a member signs up for Vida they get:

- Their own dedicated health coach or therapist
- A health plan that is customized to meet their unique goals and lifestyle
- Personalized lessons, tips and tools
- Access to Vida's secure mobile app and website so they can message or chat with their coach — anytime, anywhere
- Smart devices like a scale, an activity tracker, and a blood pressure cuff that sync with Vida so the member can, along with their coach, easily track their progress.



Per IRS guidelines, this program is subject to a deductible for members on HSA plans.

Eligible members can also learn more about Vida by visiting: [www.vida.com/SISC](http://www.vida.com/SISC).