



# 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](https://anthemEAP.com) and enter SISC

### **Expert Medical Opinions**

#### *Teladoc Medical Experts*

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

Call 800-835-2362

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.

Call 888-632-2738

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**

#### *Health Smarts*

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 3 days of the event.

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

### **Flu Shot Program**

#### *Health Smarts*

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.