



February 26, 2025

Wellness Beyond Healthcare



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Agenda

1. SISC Value Added Benefits

- Kaiser Members
- Anthem PPO Members
- All Anthem Members
- All SISC Members

2. Delta Dental Additional Benefits

- SmileWay
- Virtual Consults
- Discounts

3. Unum Perks

- Employee Assistance Program (EAP)
- Travel Assistance

SISC Value Added Benefits



Value Added Programs

Kaiser Members Only

SISC- Kaiser HMO

Calm App



Calm is an app for meditation, mental resilience, and sleep designed to help lower stress, reduce anxiety, and more. Calm includes access to:

- The Daily Calm, exploring a fresh mindful theme each day
- More than 100 guided meditations
- Sleep Stories to soothe you into deeper and better sleep
- Video lessons on mindful movement and gentle stretching

Adult members can get calm at <https://kp.org/selfcareapps>.

SISC- Kaiser HMO

myStrength App



An app with a personalized program designed to improve your awareness and your ability to adapt to life. myStrength includes interactive activities, in-the-moment coping tools, community support, and more. myStrength features:

- Mindfulness and meditation activities
- Tailored programs for managing depression, stress, anxiety, and more
- Tools for setting goals and preferences, tracking current emotional states and ongoing life events, and viewing your progress

Just three steps to a healthier you

1. From a desktop computer, go to kp.org/selfcareapps/scal to access **myStrength** for the first time.
2. Click on the **Get Started** button and sign in to kp.org with your user ID and password.
3. Follow the prompts to complete registration and begin using **myStrength**.

SISC- Kaiser HMO

One Pass Select Affinity from Optum (Active and Fit replacement)

One Pass Select Affinity is a subscription-based fitness membership to help meet health goals.

Membership tiers- Employees choose the plan that fits their needs, with competitive pricing starting at \$10 a month.

Fitness networks- 19,000 gym locations and boutique studios with unlimited access to all locations within each selected tier.

Digital solutions- 23,000+ on demand and livestreamed fitness classes through web, app, and TB, plus an AI workout builder tool.

Engagement- Digital challenges and communities, activity and progress tracking, and digital coaching that adapts to member feedback.

Flexible memberships- No contracts, easy cancellation, family options, and the ability to change tiers monthly make signing up smooth for employees.

Healthy meal delivery- Groceries and household essentials delivered directly to your door from Walmart+ and Shipt.

[Contact Kaiser to learn more](#)

Value Added Programs

Anthem PPO Members Only

SISC- Anthem PPO

4th Quarter Deductible Carryover



The SISC PPO medical and Rx plans have 4th quarter deductible carryover. This plan feature allows amounts credited toward the deductible in the 4th quarter of the calendar year (Oct-Dec) to carry over and apply to the deductible for the following calendar year. The 4th quarter carryover does not apply to copays or coinsurance.

Any deductible amounts for your current plan year that are for dates of service between October through December, will rollover to your next plan year.

SISC- Anthem PPO

Costco Free Generic Drugs

- Anthem PPO members receive \$0 generic drugs at all Costco retail and mail order pharmacies. You do not need to be a Costco member to access their retail or mail order pharmacies.
- **How to fill a prescription at a retail Costco pharmacy:** Bring your generic prescription to a Costco Pharmacy and present the pharmacist with your insurance card. Get your generic medication with a \$0 co-payment. (excluding some narcotic pain medications and some cough medications).
- **How to fill a mail order prescription through Costco:** Go online to [Costco.com/home-delivery](https://www.costco.com/home-delivery) to get started; or submit your prescription with a Costco Mail Order form to:

Costco Mail Order Pharmacy
215 Deiningir Cir,
Corona, CA 92880-9911.

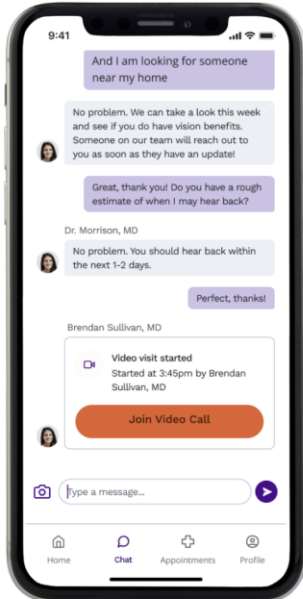
SISC- Anthem PPO

Centivo Care App (formerly Eden Health)

As part of your SISC PPO Medical Benefits, you have free, 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 the Centivo Care app. The app is available to you and your dependents age 18 and older at no cost.

- **Simply download the app from the App Store or Google Play store and register.**

CARE FROM ANYWHERE



Chat with your doctor live or schedule a video visit

Diagnoses and treatments

Prescription refills

Answers to follow-up care questions

In-network specialist referrals

SISC- Anthem PPO

MDLive

- Anthem PPO members can consult a licensed doctor, pediatrician, therapist, or psychiatrist over the phone, by video visit, or by using the mobile app, for a [\\$10 copay](#). All visits are confidential.
- Members can speak with a physicians for a variety of medical conditions 24/7/365, including:
 - Cold/Flu
 - Respiratory problems
 - Allergies
 - Depression
 - Stress
 - Children's health issues
- MDLive physicians can diagnose and prescribe medication when appropriate.
- Visit MDLive.com/SISC or call [1-800-657-6169](tel:1-800-657-6169) for more information

SISC- Anthem PPO

Hinge Health

- No cost Digital Program for back, knee or hip pain for members 18+ years of age.
- Free wearable sensors & monitoring device.
- Unlimited 1 on 1 health coaching.
- Personalized exercise therapy.

Questions? Call (855) 902-2777



To learn more and apply, visit:
HINGEHEALTH.COM/SISC

SISC- Anthem PPO

Lantern (formerly Cancer Care Direct)

Lantern provides personalized guidance and support throughout the cancer journey. Get help from a personal oncology nurse who can partner on every stop of a cancer journey, including a review of initial diagnosis and development for a care plan.

The Lantern Difference

- **Guided support:** a personal oncology nurse will partner with you through every step of your cancer journey.
- **Access to excellent care:** Lantern gives you access to the top national cancer centers if needed.
- **Expert review and advice:** Lantern can coordinate expert reviews of your diagnosis and treatment plan, to make sure you're getting the right care, at the right place, at the right time.

To learn more, call **(855) 961-4533** or email guide@lanterncare.com.

SISC- Anthem PPO

Lark Diabetes Prevention Program

Lark has a program that can help address those that are prediabetic with healthy lifestyle changes before it develops into type 2 diabetes. Lark provides access to tools needed to prevent diabetes. Available 24/7 on your smartphone, the Lark Diabetes Prevention Program is included at no extra cost as a benefit of your health plan. If you qualify, you also get a digital scale with the opportunity to earn a Fitbit.



lark

Preventing diabetes just got easier

Introducing Lark Digital Health Coaching

People with prediabetes have higher than normal blood sugar which can substantially increase the risk of developing type 2 diabetes. People often don't even know they have prediabetes, because it can occur with no symptoms. The good news is that there are steps you can take now to decrease your risk.


Together we can help you:

- Create healthy eating habits
- Reach or maintain a healthy weight
- Make time for physical activity
- Manage stress levels
- Improve sleep quality

Eligibility requirements for the Lark Diabetes Prevention Program include qualifying as prediabetic according to a survey designed by the Centers for Disease Control and membership in a participating health plan. You may be eligible to earn health-related devices such as a scale or Fitbit® at no cost to you. The ability to earn health-related devices may vary by health plan and may contain minimum program engagement requirements, such as weighing in, completing missions with your digital coach, and logging activity or meals. Eligibility determinations are made by Lark at its sole discretion.

Fitbit is a registered trademark of Fitbit Inc.

Get started with a quick eligibility survey



Scan this QR code with your smartphone camera to get started.
Or visit enroll.lark.com/anthem

Your employer has teamed up with Lark to bring you access to the tools you need to take those steps and prevent type 2 diabetes. Available 24/7 on your smartphone, the Lark Diabetes Prevention Program is included at no extra cost as a benefit of your health plan. If you qualify, you'll also get a digital scale with the opportunity to earn a Fitbit®.

SISC- Anthem PPO

Maven

Maternity and Postpartum Support

SISC is providing PPO members only with free access to Maven. A virtual care for pregnancy and postpartum support. Use Maven for 24/7 access to doctors, specialist, coaches, and trustworthy content tailored to your experience. Consult with a care advocate who connects you with trustworthy content delivered by doctors, specialist coaches and other maternity providers to help deal with pregnancy and postpartum concerns.

To activate your membership, download the Mavin Clinic app or visit

mavenclinic.com/join/SISC

**Free 6-month
diaper
subscription** for
SISC PPO members
who enroll before
the end of their
second trimester
and complete the
Maven maternity
program

SISC- Anthem PPO

Midi



Get expert menopause telehealth care, covered by insurance.



- Trouble sleeping
- Weight changes
- Brain fog
- Hair & skin changes
- Hot flashes
- Painful sex, low libido
- Period Problems
- Bone Loss
- Mood issues
- Menopause after cancer
- Menopause with cancer risk

Discover real relief

Hormonal changes in midlife can bring on a host of symptoms that are often misunderstood. Midi's expert clinicians can help you find safe, effective solutions.

Midi connects you to expert clinicians via virtual visits. After discussing your symptoms and health history, they help you get any necessary lab tests and create a personalized Care Plan.

Your regimen may include:*

- FDA-approved hormonal medications
- Non-hormonal medications
- Supplements and botanicals
- Lifestyle coaching
- Wellness therapies

*Coverage for treatment options, including prescriptions, is determined by SISC pharmacy benefits and may vary by plan.

SISC is proud to offer Midi Health's virtual menopause care benefit to eligible employees and their partners/dependents covered under Anthem Blue Cross and Blue Shield of CA PPO Plans. Standard cost-sharing applies.



Start your Midi journey at joinmidi.com/sisc

SISC- Anthem PPO

In-home Screening

Know your health better with in-home screening

The Insure[®] ONE[™] colorectal screening kit is available at no cost to eligible SISC PPO Members age 45 and up.¹ Adults between the ages of 45 to 75 should get screened regularly for colorectal cancer.²



Request

Create an account on My.QuestForHealth.com to request a no-cost Insure[®] ONE[™] colorectal screening kit.



Receive

Your Insure[®] ONE[™] cancer screening kit will arrive via mail within 2 weeks of your request.



Screen

Complete your noninvasive screening in the comfort of your own home using kit instructions.



Return

Return your kit through the included prepaid postage stamp by the program end date for lab processing.



Results

Receive your results report that you can use to discuss with your doctor.

SISC- Anthem PPO

Navi-Gate Pharmacy Member Portal

Anthem PPO members have 24/7 access to Navi-gate, which allows Anthem members to manage their personal pharmacy benefit information. At navitus.com/members, you can:

- Search pharmacies
- Search prescription drugs
- View copay information
- View medication history
- View drug interactions
- Access forms
- And more!

Members can reach Navitus Customer Care 24/7 by calling **1-866-333-2757**. Members can also ask to speak directly with a pharmacist for questions and concerns.

Value Added Programs

All Anthem Members















SISC- Anthem

Vida Digital Coaching

One-on-One Digital Health Coaching at No Cost

- Anthem members have access to a virtual care platform that treats a full range of lifestyle, chronic, and behavioral health conditions through Vida Health. Users receive:
 - 1:1 health coaching and therapy available through a virtual platform
 - Digital interventions and programs
 - Progress tracked through in-app trackers and connected devices
 - Tools and resources such as videos and lessons
- Visit Vida.com/SISC or call **1-855-442-5885** to learn more.

Programs to fit your needs

CHRONIC			THERAPY	LIFESTYLE		
 Manage COPD	 Lower blood pressure	 Lower cholesterol	 Reduce depression	 Quit smoking	 Lose weight	 Exercise more
 Manage Asthma	 Prevent diabetes	 Manage Diabetes	 Reduce anxiety	 Sleep better	 Manage stress	 Eat better

SISC- Anthem Members

Active & Fit Direct

Discounted Gym Memberships

Choose from over 12,200+ participating fitness centers and YMCAs nationwide for a much lower cost than you would pay on your own. Use the online fitness tracking feature, which uses a variety of wearable devices and apps. You pay only \$28 a month.

No annual fees or long-term contracts. Switch gyms anytime.

Find more information at anthem.com/ca/sisc/health-wellness/

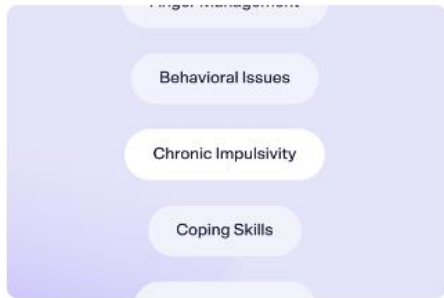


SISC- Anthem Members

Rula

How it works

Your journey to mental well-being gets easier from here.

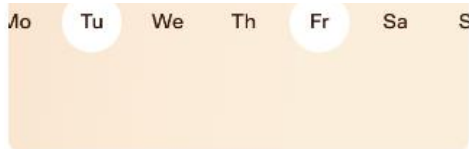


1. Tell us what's important

We'll use your preferences and insurance information to find providers who fit your needs.

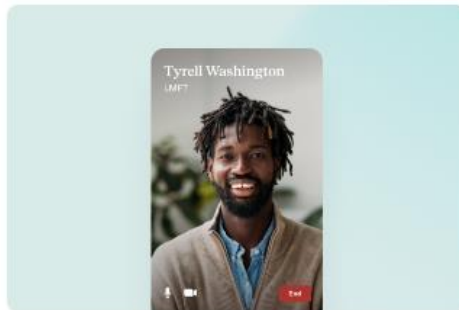
2. Explore your matches

Browse the profiles of licensed, in-network providers who match your preferences.




3. Schedule your visit

Choose your preferred time and meet with your provider as soon as tomorrow.



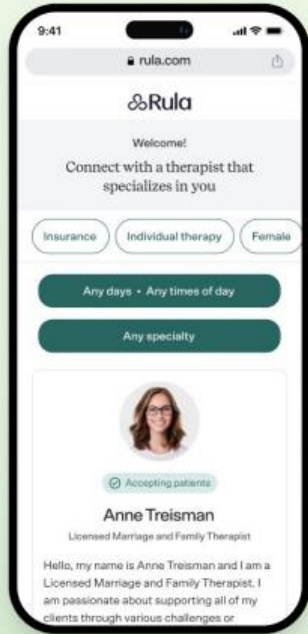
4. Join your online session

Connect with your provider over live video from wherever you feel comfortable.




Finding a therapist just got easier

Covered by your insurance | Meets your preferences | Accepting new clients



- 1 Select your therapist**
Tell us your therapist preferences so we can match you with the right provider.
- 2 Complete registration**
Register within 12 hours of selecting your therapist. No charges will be made till after your first appointment (cancel anytime).
- 3 Verify your benefits**
We'll check with your insurance and let you know your payment estimate before your appointment.
- 4 Confirm your appt. time**
You'll receive a confirmation notice 1-2 days before your appt. along with a video call link.

Scan to register today



Get started today
rula.com/SISC

Have questions?
Call (323) 676-7360

Value Added Programs

Anthem & Kaiser Members

SISC

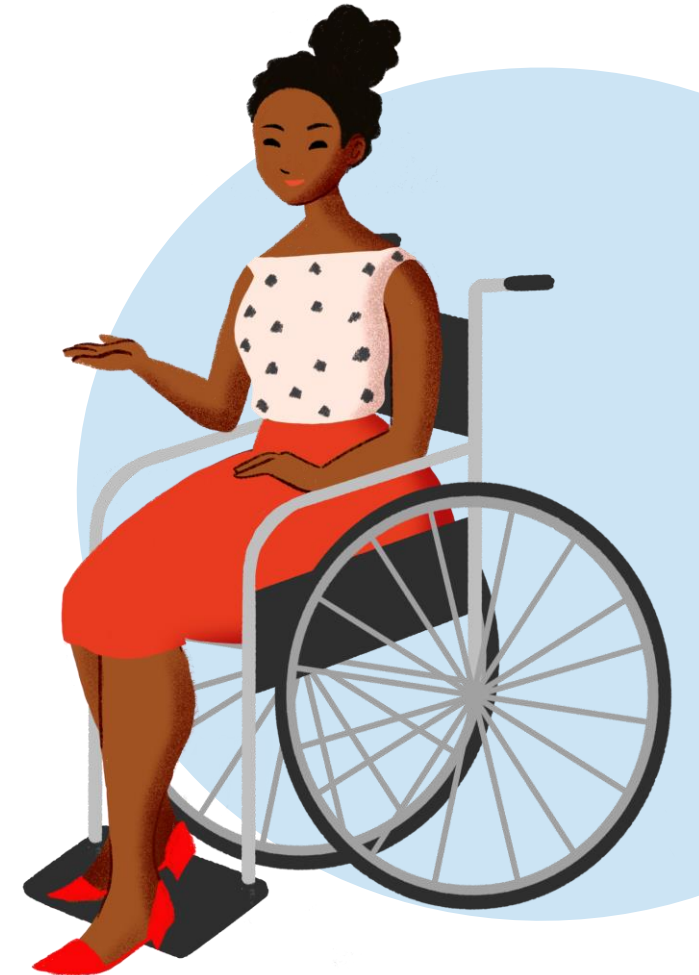
Expert Medical Opinions, Administered by Teladoc

Teladoc can help Anthem and Kaiser members when they:

- Are dealing with complex medical conditions
- Are considering surgery or a major procedure
- Have questions about managing a health condition
- Want a second opinion on a documented diagnosis or treatment plan

Members can speak directly with a specialist once their case is established

Visit [Teladoc.com/SISC](https://www.teladoc.com/SISC) or call **1-800-835-2362** to learn more.



SISC

Employee Assistance Program

Anthem & Kaiser - SISC Employee Assistance Program (EAP), *administered by Anthem*

- All Anthem and Kaiser members and everyone in their household have access to up to **6** free and confidential counseling sessions per issue through Anthem EAP
- Anthem EAP features 24/7 telephone access to clinicians and can assist participants in:
 - Finding work-life balance
 - Parenting a child with special needs
 - Dealing with addiction and recovery
 - Setting retirement goals
 - Getting mental health resources and information
- Wellbeing support through Learn to Live
 - Access free, customized online programs based on the proven principles of Cognitive Behavioral Therapy (CBT). Programs are confidential, accessible anywhere, and participants learn effective ways to manage stress, depression, anxiety, substance use, and sleep issues.

1-800-999-7222

www.anthemeap.com

Company Code: **SISC**

SISC

Employee Assistance Program-Talkspace

Connect With a Therapist- Anytime, Anywhere

Talkspace offers faster access to counseling when you need it.

You'll benefit from:

- **Personalized match-** Talkspace pairs you with a therapist who fits your needs and preferences.
- **24/7 access-** Message your therapist via text, audio, or video whenever something comes up or schedule a virtual visit to connect in real time.
- **Experience you can count on-** Talkspace includes a diverse network of professional licensed therapists who treat a variety of needs.



Sign up for Talkspace today

- Use a web browser to register at talkspace.com/associatecare.
- Enter the letters "EAP", a space, and SISC in the "Organization name" field.
- Complete the QuickMatch provider finder questions.
- Await your provider match, then send a message or schedule a virtual session.

SISC AirBo

AirBo New interactive benefits education and communication tool!

Your New SISC Benefits Communication Tool

SISC is excited to introduce a new interactive benefits education and communication tool, powered by Airbo! Each month, you'll receive a quick, engaging campaign highlighting your SISC benefits and added-value programs—like a fun, interactive newsletter. Plus, you can win prizes just for participating!

On **February 19**, a text and email with a link was sent—just click to participate. It's that easy!

Stay tuned and prepare to explore your benefits in a whole new way



We're excited to launch
our new benefits
education tool on
February 19!

The benefits of SISC go beyond medical coverage! By using our new tool, you'll learn about the additional no-cost SISC programs designed to support you and your family, including mental health services, expert medical opinions, wellness resources, and much more.

On **February 19**, check your email & text for an invite! Simply click the link, explore the content, and start learning! It's that easy. Plus, you'll be able to win prizes for participating each month!

The SISC benefits education tool, powered by Airbo, works on any smartphone, tablet or desktop. Questions? Contact support@airbo.com

Delta Dental Enhanced Benefits



Delta Dental SmileWay

Support for Chronic Conditions

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, you may benefit for 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

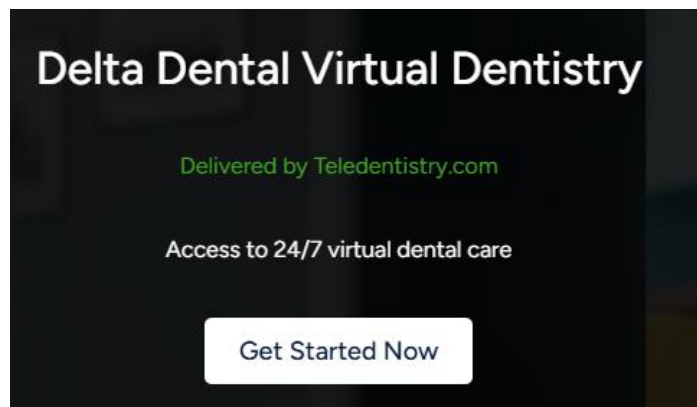
100% coverage	One periodontal scaling and root planing procedure per quadrant (D4341 or D4342) per calendar or contract year ²
Four of the following (any combination) per calendar or contract year: ²	
100% coverage	Prophylaxis (teeth cleaning) (D1110 or D1120)
	Periodontal maintenance procedure (D4910)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

Delta Dental

Virtual Consult

Virtual Consult connects Delta Dental members and dentists for real-time video appointments. It's totally secure and HIPAA-compliant, and it's available with your existing Delta Dental PPO™ or Delta Dental Premier® plan.

When you have an urgent issue, even if it's after hours, Virtual Consult makes getting a dentist's advice simple. Even if you don't have a dentist that you see regularly, Virtual Consult makes urgent care, e-prescriptions and check-ins with Delta Dental dentists accessible from the comfort of your own home.



Call Us: (866) 353-8417

Virtual Consult is great if you...

- Are experiencing an urgent dental issue
- Don't have a regular dentist
- Can't take time off work or have difficulty visiting the dentist's office
- Aren't feeling well or visiting the dentist's office isn't recommended

Delta

Discount Programs

Savings You Can See and Hear

	Amplifon	QualSight
Products and services	Discounts on hearing aids and one year of free follow-up care	Discount on LASIK eye surgery, including pre- and post-operative visits
Savings	66% average savings off retail hearing aid pricing ² .	35% off the national average price of LASIK eye surgery ³
Access	Nationwide network of providers	Over 900 LASIK locations nationwide ⁴
Quality	Leading brands featuring the latest hearing aid technology and a three-year product warranty	Experienced LASIK surgeons who have collectively performed over 6.5 million procedures ⁵
Get started	<ol style="list-style-type: none"> 1. Call Amplifon. 2. A patient care advocate will explain the program, help you find a hearing care provider and help you make an appointment. 3. Amplifon will send you and your provider the details to activate your program. 4. Save on hearing aids, and receive complimentary batteries for two years or a standard charging station. 	<ol style="list-style-type: none"> 1. Call QualSight. 2. A care manager will explain the program, answer any questions, help you pick a provider and set up a free consultation to see if you're eligible for LASIK eye surgery. 3. Receive written confirmation, including pricing information and directions to your provider's office. 4. Pay a contracted price for LASIK services.
Website	amplifonusa.com/deltadentalins	qualsight.com/-delta-dental
Phone	888-779-1429	855-248-2020

Delta Discount Programs

LifePerks

Save on products and services that help you live a healthy, balanced lifestyle. As a Delta Dental member, you can sign up for LifePerks and get unlimited access to discounts on fitness, groceries and meal delivery, as well as travel, entertainment, pet insurance, childcare and more.

The screenshot shows the Delta Dental LifePerks website interface. At the top, there's a navigation bar with the Delta Dental logo, 'LifePerks Member Discount Program', a search bar, and links for Help, Favorites, and My Account. Below the navigation bar, there are promotional banners for downloading the LifeMart App, saving up to 10% on child care centers, and limited time deals on top brands. The main content area is a grid of 16 discount cards, each featuring a brand logo, a brief description, and the specific offer.

Brand	Offer
Home Chef	50% Off First Four Boxes
Lane Health	Get 0% Financing*
Proclaim	Save \$250 on Custom-Jet Oral Health System
Discount Hotels Worldwide	Up to 60% Off Room Rates
fitbit	20% Off Fitbit Inspire 3
hp	Up To 62% Off
QualSight LASIK	Up To 35% Off
amplifon	66% Average Savings
Hotels	Up to 60% Off Room Rates
Rental Cars	Up To 25% Off
NOOM	Free 14 Day Trial
HOME CHEF	50% Off First Four Boxes

Walt Disney World	Adult Tickets At Child Prices
INTUIT turbotax	Save An Additional 20% Off
Hotels	Up to 60% Off Room Rates
sam's club	Over 60% Off
Active&Fit DIRECT	\$0 Enrollment Fee
Liberty Mutual INSURANCE	Save Hundreds
TrueCar AutoBuying	Access Exclusive Benefits
Lenovo	Annual Sale - Up To 55% Off
betterhelp	50% Off First Month
LIBERTY HOMEGUARD HOME WARRANTY	\$225 Off Per Year
NATIONAL DEBT RELIEF	Free Savings Estimate
accredited DEBT RELIEF	Free Debt Review

Visit: www1.deltadentalins.com/memberperks.html

Unum Perks



Unum

Employee Assistance Program

- 3 face to face or virtual visits with a counselor
- Life Planning Financial and Legal Resources
- Work Life Balance Services such as: Stress, depression, Family and parenting problems etc.
- Travel Assistance
- Medical Bills Saver for unexpected medical bills

Help is easy to access:

Phone support: 1-800-854-1446

Online support: unum.com/lifebalance

In-person: You can get up to three visits, available at no additional cost to you with a Licensed Professional Counselor. Your counselor may refer you to resources in your community for ongoing support.



Unum

Travel Assistance

Unum travel assistance services are provided by Assist America, Inc. who is ready to help 24 hours a day, 365 days a year, and can connect you with pre-qualified, English-speaking and Western-trained medical providers anywhere in the world.

Use your travel assistance phone number to access:

- Hospital admission assistance*
- Emergency medical evacuation
- Prescription replacement assistance
- Transportation for a friend or family member to join a hospitalized patient
- Care and transport of unattended minor children
- Assistance with the return of a vehicle
- Emergency message services
- Critical care monitoring
- Emergency trauma counseling
- Referrals to Western-trained, English-speaking medical providers
- Legal and interpreter referrals
- Passport replacement assistance

You can access travel assistance services through the phone number on your travel assistance wallet card. If you have misplaced your card, contact your human resources department and ask for a replacement.

If you need travel assistance anywhere in the world, contact us day or night.



Within the U.S.

1-800-872-1414



Outside the U.S.

(U.S. access code) +609-986-1234



Via e-mail:

medservices@assistamerica.com



THANK YOU!