



Mental Health Support Offered by BSSP

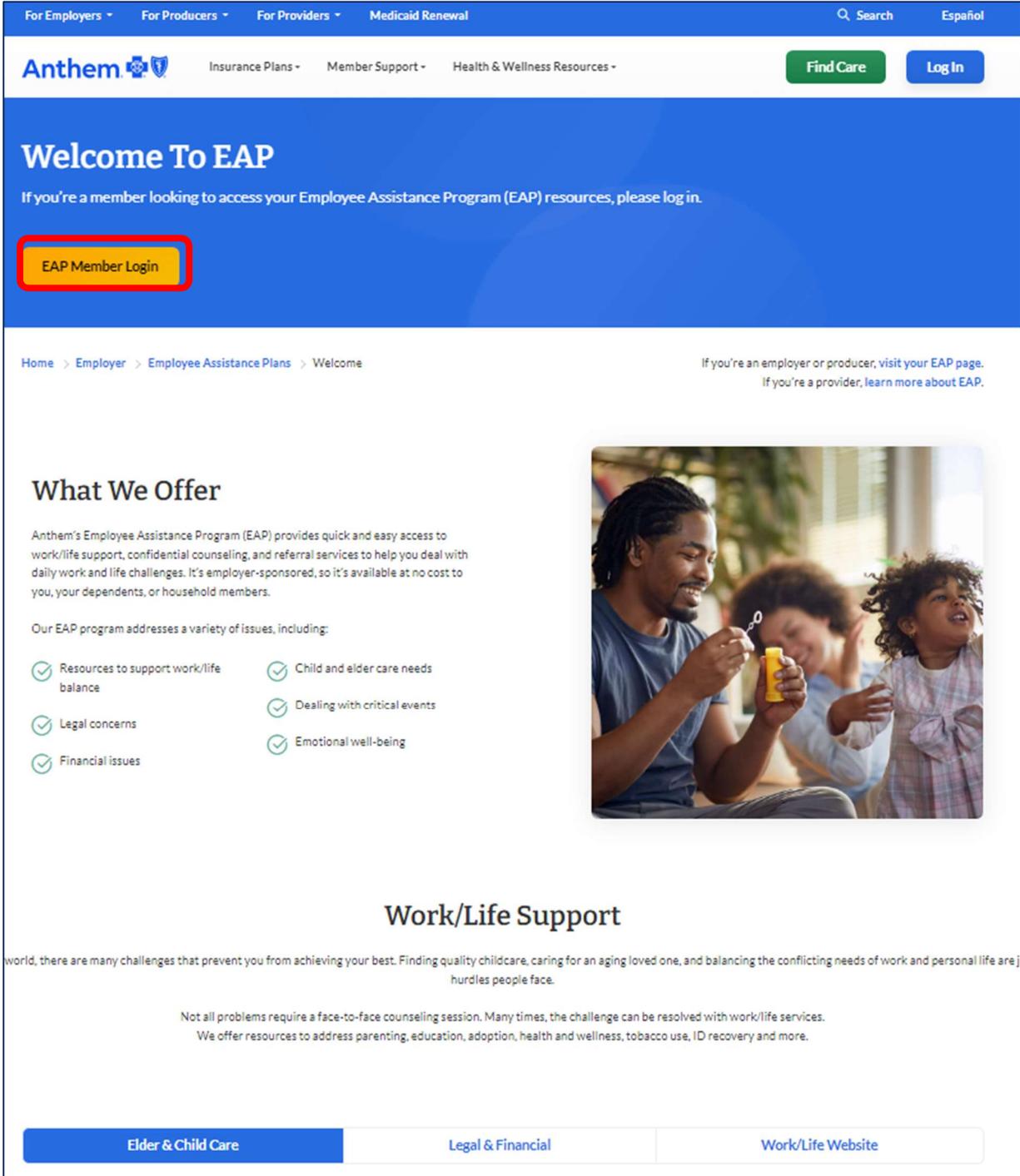
Take advantage of these no, and low-cost benefits to help you and your family stay healthy!

BENEFIT HIGHLIGHTS	WHO IS ELIGIBLE & HOW TO GET STARTED
<p>24/7 Help with Personal Concerns <i>Anthem EAP</i></p>  <p>Confidential resources when you or a family member need help with stress, emotional, marital, addiction, legal and financial issues.</p>	<p>ALL employees of a BSSP-participating district</p> <p>Call 800-999-7222 Visit anthemeap.com Code: SISC</p>
<p>Online Therapy <i>Talkspace</i></p>  <p>Regularly send text, audio, and video messages to a dedicated licensed therapist anytime, anywhere for ages 13+. Live sessions via chat, audio and video are also available.</p> <p>Please enter the letters "EAP", a space, and your company code, SISC, in the "Organization Name" field to access services.</p>	<p>ALL employees of a BSSP-participating district</p> <p>Visit anthemeap.com Code: SISC</p> <p>Click the Start Here button in the Connect with a Counselor to be directed to the "Talkspace" option. Click the "Visit Portal" link to be taken to the Talkspace registration page.</p>
<p>Emotional Well-Being Resource <i>Learn to Live</i></p>  <p>Self-guided digital Cognitive Behavioral Therapy (CBT) programs for employees and their families. Personalized care modules to promote skill-building, resiliency and mindfulness.</p>	<p>ALL employees of a BSSP-participating district</p> <p>Call 800-999-7222 Visit anthemeap.com Code: SISC</p> <p>Scroll down to Self-Paced Courses and Resources. Click the link to be directed to the "Learn to Live" registration page.</p>
<p>24/7 Physician Access for Medical and Mental Health Needs <i>MDLive</i></p>  <p>Consult with doctors, pediatricians and mental health providers over the phone or using online video for common medical conditions and behavioral health issues. Physicians can prescribe medications when appropriate.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Call 800-657-6169 Visit mdlive.com/sisc</p>
<p>Virtual Primary Care <i>Centivo Care</i></p>  <p>24/7 access to a Care Team who work together to offer you primary care, mental health support, and answers to follow-up care questions through one app.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Download the Centivo Care app</p>
<p>Health Coaching <i>VIDA Health</i></p>  <p>1-on-1 health digital coaching, therapy and programs to prevent, manage or reverse pre-diabetes, diabetes, hypertension, obesity, depression, anxiety, etc.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Visit vida.com/sisc</p>
<p>Virtual Therapy and Psychiatry (<i>visits subject to office visit copay/deductible</i>) <i>Rula</i></p>  <p>Rula's in-network mental health providers can support you and your family with virtual therapy and psychiatry. Providers in Rula's network represent a wide range of specialties and backgrounds. Rula will help you find an in-network provider and schedule your first appointment in minutes.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Call 323-676-7360 Visit rula.com/SISC</p>
<p>Anthem Network Providers*</p>  <p>The first three primary care office visits are at \$0 copay (office visit charge, only) with Anthem network providers. Non-preventive services are billed separately and subject to deductible and/or coinsurance.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Call 877-379-4844 Visit www.anthem.com/ca/sisc</p>
<p>Primary, Preventive, Urgent Care* <i>Butte Schools Health and Wellness Centers</i></p>  <p>Urgent, primary, preventive and disease management care in Chico, Oroville and via telephone. Onsite medications and lab services are also available.</p>	<p>Employees and family members enrolled in an Anthem plan.</p> <p>Call Chico 530-879-7582 or Oroville 530-532-5918</p>

*Members enrolled in an HSA/MEC plan may be billed for services.

How to Register for Talkspace via Anthem EAP

Go to www.anthemead.com



The screenshot shows the Anthem EAP website interface. At the top, there is a navigation bar with links for 'For Employers', 'For Producers', 'For Providers', and 'Medicaid Renewal'. A search bar and 'Español' link are also present. Below this is the Anthem logo and navigation links for 'Insurance Plans', 'Member Support', and 'Health & Wellness Resources'. A 'Find Care' button and a 'Log In' button are visible. The main content area has a blue header with the text 'Welcome To EAP' and 'If you're a member looking to access your Employee Assistance Program (EAP) resources, please log in.' A yellow 'EAP Member Login' button is highlighted with a red box. Below the header, there is a breadcrumb trail: 'Home > Employer > Employee Assistance Plans > Welcome'. To the right, there are links for employers and providers. The 'What We Offer' section describes the EAP services and lists several categories of support: work/life balance, legal concerns, financial issues, child and elder care needs, dealing with critical events, and emotional well-being. A photograph of a family is shown. The 'Work/Life Support' section discusses challenges in balancing work and personal life. At the bottom, there are three buttons: 'Elder & Child Care', 'Legal & Financial', and 'Work/Life Website'.

For Employers - For Producers - For Providers - Medicaid Renewal Search Español

Anthem Insurance Plans - Member Support - Health & Wellness Resources - Find Care Log In

Welcome To EAP

If you're a member looking to access your Employee Assistance Program (EAP) resources, please log in.

EAP Member Login

Home > Employer > Employee Assistance Plans > Welcome

If you're an employer or producer, visit your EAP page.
If you're a provider, learn more about EAP.

What We Offer

Anthem's Employee Assistance Program (EAP) provides quick and easy access to work/life support, confidential counseling, and referral services to help you deal with daily work and life challenges. It's employer-sponsored, so it's available at no cost to you, your dependents, or household members.

Our EAP program addresses a variety of issues, including:

- Resources to support work/life balance
- Legal concerns
- Financial issues
- Child and elder care needs
- Dealing with critical events
- Emotional well-being



Work/Life Support

world, there are many challenges that prevent you from achieving your best. Finding quality childcare, caring for an aging loved one, and balancing the conflicting needs of work and personal life are just some of the hurdles people face.

Not all problems require a face-to-face counseling session. Many times, the challenge can be resolved with work/life services. We offer resources to address parenting, education, adoption, health and wellness, tobacco use, ID recovery and more.

Elder & Child Care Legal & Financial Work/Life Website

Welcome to your personalized EAP Website

EAP services are available to eligible members and their household. Log in to explore wellness, work/life, legal and financial information and resources.

To log in, enter your company name, or the login name provided by your employer, in the login box below.

Type "SISC" as the Company Name and Click Log In

If you would like more information about the site's confidentiality, please refer to the [Privacy Notice](#).

Welcome to your SISC - Self Insured Schools of California- Employee Assistance Program (EAP)

How can we help you?



Connect with a Counselor

Click "Start Here"



Legal Resources 



Financial Planning 

Taking charge of your well-being is within your reach.

Get connected to a mental Health Counselor

Choose an option below to connect with a mental health professional for counseling, assistance, and access to resources for a variety of concerns.

Telehealth options

In-person options

Explore these telehealth options to get started:



LiveHealth Online

Anthem EAP offers employees and their household members LiveHealth Online counseling visits with a psychologist or other licensed mental health professional.

Learn more



Talkspace

Text, audio and video messaging with a therapist anytime (ages 13+).

Visit portal

Click the "Visit Portal" link to register with Talkspace.

Welcome to Talkspace

Your EAP is adding Talkspace to our growing options of providers to bring you convenient, personal, and professional online individual and couples therapy. With Talkspace, you can regularly send text, audio, and video messages to a dedicated licensed therapist anytime, anywhere for ages 13+. Live sessions via chat, audio and video are also available. Talkspace is confidential and secure.

During registration a valid Organization Name (the full name of the subscriber's employer) is required and will be verified to access the Talkspace services.

Please enter the letters "EAP", a space, and your company code in the "Organization Name" field to access services.

Click the "Get Started" button.

Get Started

EAP counseling is limited to the session model purchased by your employer, and is cost-free to EAP members. In-person, face to face counseling is available by reaching out to the EAP. Please contact your EAP for language assistance, to file a grievance or to access counseling for children under 13.

Let's verify your information

To verify your coverage and cost, please enter your information below.

First name

First name

Last name

Last name

Date of birth

MM/DD/YYYY

Phone number

 (000) 000-0000

Let us know who you are 

Select

Organization name 

EAP SISC

Use "EAP SISC" as the Organization Name.

How did you hear about us? 

Select

Email 

Email

I verify that the above statements are truthful and I am eligible for this benefit or an eligible family member.

Continue

Talkspace is committed to protecting your privacy and follows HIPAA, state and federal laws.

Welcome to Talkspace QuickMatch™

In the next 90 seconds you'll learn everything you need to know about how Talkspace works and get matched with a provider that can help you.

Let's start!

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Go to www.anthemead.com

For Employers ▾ For Producers ▾ For Providers ▾ Medicaid Renewal Search Español

Anthem  Insurance Plans ▾ Member Support ▾ Health & Wellness Resources ▾ [Find Care](#) [Log In](#)

Welcome To EAP

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Anthem's Employee Assistance Program (EAP) provides quick and easy access to work/life support, confidential counseling, and referral services to help you deal with daily work and life challenges. It's employer-sponsored, so it's available at no cost to you, your dependents, or household members.

Our EAP program addresses a variety of issues, including:

- ✓ Resources to support work/life balance
- ✓ Child and elder care needs
- ✓ Legal concerns
- ✓ Dealing with critical events
- ✓ Financial issues
- ✓ Emotional well-being



Work/Life Support

In today's world, there are many challenges that prevent you from achieving your best. Finding quality childcare, caring for an aging loved one, and balancing the conflicting needs of work and personal life are just some of the hurdles people face.

Not all problems require a face-to-face counseling session. Many times, the challenge can be resolved with work/life services. We offer resources to address parenting, education, adoption, health and wellness, tobacco use, ID recovery and more.

[Elder & Child Care](#) [Legal & Financial](#) [Work/Life Website](#)

Welcome to your personalized EAP Website

EAP services are available to eligible members and their household. Log in to explore wellness, work/life, legal and financial information and resources.

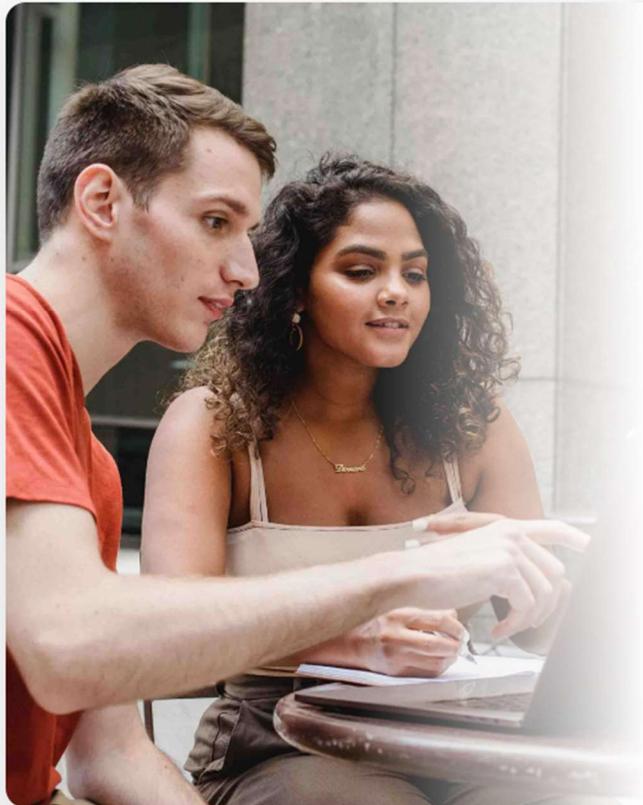
To log in, enter your company name, or the login name provided by your employer, in the login box below.

 Log in

Type "SISC" as the Company Name and Click Log In

If you would like more information about the site's confidentiality, please refer to the [Privacy Notice](#).

Self-paced Courses and Resources



Scroll down to Self-Paced Courses and Resources.

Click  next to Emotional Well-Being Resources.

Emotional Well-being Resources

Taking charge of your emotional well-being is within your reach. Learn how to develop resilience, reduce stress, and practice mindfulness at no cost to you. Take a quick assessment and choose the program that's right for you.



Let's Talk Depression

A multi-resource toolkit for support and education on depression.



Domestic Violence

Domestic violence can occur in any type of domestic relationship. If you or someone you know is a victim of domestic violence, help is available through your EAP.



Addiction and Recovery

Through our self-paced online programs and optional personalized coaching support, you'll learn effective ways to manage these conditions.



Welcome Assessment Choose Program Confirm

Emotional Well-being Resources

provided to you by



Change your mind. Change your life.™

GET STARTED

Click "Get Started".

Already registered? Click "Sign In" in the upper right corner to go directly to your program.

[View more information on our privacy policy.](#)

Taking charge of your emotional well-being is within your reach. With Emotional Well-being Resources, you have the support you need to develop resilience, reduce stress, and practice mindfulness.

How to Register for MDLIVE Medical and Mental Health Services **MDLIVE**

Go to www.mdlive.com/sisc

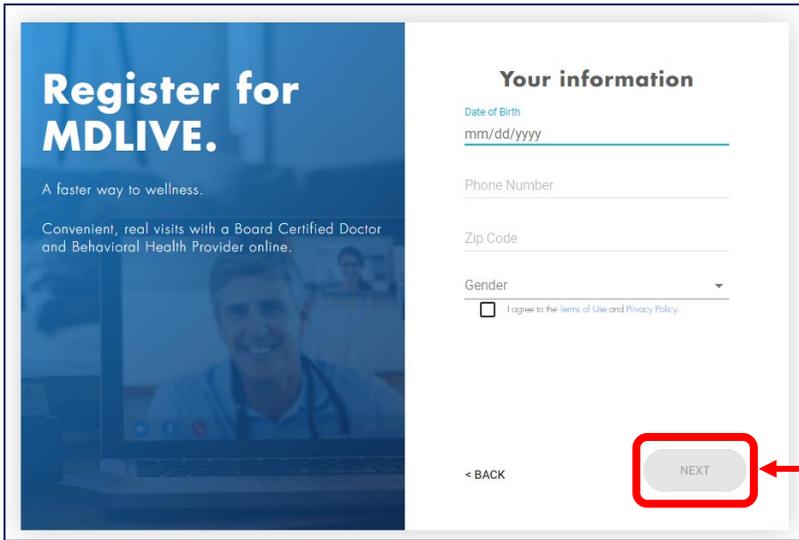
The screenshot shows the MDLIVE website home page. At the top right is the SISC logo (Self-Insured Schools of California, Schools Helping Schools). The navigation bar includes Home, Activate Now, FAQs, Contact Us, and Sign In. The main heading is "Virtual Care, Anywhere." followed by "24/7/365 virtual access to providers and therapists." A red box highlights the "ACTIVATE NOW" button, with an arrow pointing to it from a text box that says "Click 'Activate Now'". Below this is a video player with a play button and the text "Click for Video". The "How it works" section lists three steps: 1. Activate your account (Sign up online or download our app), 2. Choose a doctor (Choose from a large network of board-certified doctors and licensed therapists), and 3. Resolve your issue (Receive care when you need it). To the right, a "How much does it cost?" box states that consultations are \$0 and that MDLIVE is not available to Kaiser members. A second "ACTIVATE NOW" button is located at the bottom of this box.

The screenshot shows the registration form on the MDLIVE website. The navigation bar includes Home, FAQs, Register, Contact Us, and Sign In. The form is titled "Your information" and contains the following fields: First Name (John), Last Name (Smith), Your current email (jsmith@email.com), Create your username (jsmith11), and Create a password (with a strength indicator). There is a "Show Password" checkbox. A red box highlights the entire form area. To the right of the form, a text box says "Enter the requested information for the main subscriber on your medical plan. Dependents can be enrolled after the main subscriber enrolls." Below the form is a "NEXT" button, which is also highlighted with a red box and a text box that says "Click 'Next'".

Enter the requested information for the main subscriber on your medical plan.

Dependents can be enrolled after the main subscriber enrolls.

Click "Next"



Register for MDLIVE.
A faster way to wellness.
Convenient, real visits with a Board Certified Doctor and Behavioral Health Provider online.

Your information

Date of Birth
mm/dd/yyyy

Phone Number

Zip Code

Gender

I agree to the Terms of Use and Privacy Policy.

< BACK NEXT

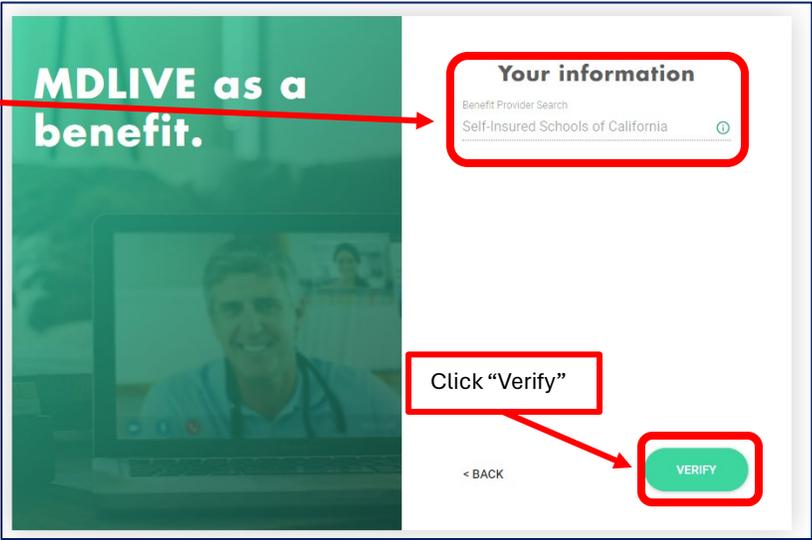
Enter the main subscriber's:

- Date of Birth
- Phone Number (cell phone preferred)
- Zip Code
- Gender

Click to agree to the Terms of Use.

Click "Next"

The Benefit Provider should display "Self-Insured Schools of California". If it does not, click to Search.



MDLIVE as a benefit.

Your information

Benefit Provider Search
Self-Insured Schools of California

< BACK VERIFY

After clicking "Verify", you will be asked to complete two-factor authentication by receiving a code the cell phone number or email address you used when registering.

Click "Verify"

Book an Appointment CA

Click "Get Started" under the type of appointment you are seeking.

 <p>Medical Visit</p> <ul style="list-style-type: none"> • Wait 10 minutes or less* <p>On-demand care 24/7 by phone or video for non-emergency illness and injuries.</p> <p>Learn More</p> <p>per appointment</p> <p>Get Started</p>	 <p>Therapy</p> <ul style="list-style-type: none"> • Appointments in 1-2 days* <p>Talk therapy and coping strategies from the comfort and privacy of home.</p> <p>Learn More</p> <p>First Appointment Follow-ups</p> <p>Get Started</p>	 <p>Psychiatry</p> <ul style="list-style-type: none"> • Appointments in 2-3 days* <p>Assessment and support for mental health issues with medication management.</p> <p>Learn More</p> <p>First Appointment Follow-ups</p> <p>Get Started</p>
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How to Register for Rula

Go to rula.com/SISC

The screenshot shows the Rula website's main navigation bar with links for 'Find Care', 'For Providers', 'About Us', 'For Partners', and 'Blog'. The main heading is 'Find an in-network therapist'. Below this, a sub-heading states: 'We're partnering with Anthem & SISC to help you find a therapist that is covered by your insurance and meets your preferences.' Three bullet points with checkmarks list benefits: 'Rula patients typically pay \$15 per session using insurance', 'We verify your out-of-pocket cost before your first session', and 'Meet with a therapist via live video as soon as tomorrow'. A five-star rating is shown, followed by a quote: 'Easy to find a therapist who specializes in the area I need, has desired qualifications, takes my insurance, has availability.' The quote is attributed to a 'Rula Patient' with a '5 Stars - Excellent Review'.

Complete the intake information to browse for therapists.

Patient date of birth

1 / 1 / 1984

State

California

Insurance ⓘ

Anthem

Type of care

Select all that apply

Session format

Virtual or in person

Location

Chico, CA 95928

This allows us to find in-person providers near you.

Next

< Back

Patient first name (legal)

Joan

Patient last name (legal)

Day

Add a preferred first name

Patient email address

email@domain.com

Patient mobile phone

(555) 555-5555

I agree to receive texts and emails about my care and appointments

By checking this box, you agree to Rula's [SMS and email consent](#), [Privacy policy](#), and [Terms and conditions](#). Msg and data rates may apply. Msg frequency varies.

Browse providers