

# 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><b>24/7 Help with Personal Concerns</b> <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></p>	<p>ALL employees of a BSSP district</p> <p><b>Call</b> 800-999-7222 <b>Visit</b> <a href="http://anthemeap.com">anthemeap.com</a> Code: SISC</p>
<p><b>Online Therapy</b> <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></p>	<p>ALL employees of a BSSP district</p> <p><b>Visit</b> <a href="http://anthemeap.com">anthemeap.com</a> 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><b>Emotional Well-Being Resource</b> <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></p>	<p>ALL employees of a BSSP district</p> <p><b>Call</b> 800-999-7222 <b>Visit</b> <a href="http://anthemeap.com">anthemeap.com</a> Code: SISC</p> <p>Scroll down to Self-Paced Courses and Resources. Click the  to be directed to the "Learn to Live" registration page.</p>
<p><b>24/7 Physician Access for Medical and Mental Health Needs*</b> <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></p>	<p>Employees and family members enrolled in an Anthem plan</p> <p><b>Call</b> 800-657-6169 <b>Visit</b> <a href="http://mdlive.com/sisc">mdlive.com/sisc</a></p>
<p><b>Virtual Primary Care</b> <i>Eden Health</i></p> <p>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 one app.</p> <p></p>	<p>Employees and family members enrolled in a non-HSA Anthem plan</p> <p><b>Download the Eden Health app</b></p>
<p><b>Health Coaching</b> <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></p>	<p>Employees and family members enrolled in a non-HSA Anthem plan</p> <p><b>Visit</b> <a href="http://vida.com/sisc">vida.com/sisc</a></p>
<p><b>Primary, Preventive, Urgent Care*</b> <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></p>	<p>Employees and family members enrolled in an Anthem plan</p> <p><b>Call</b> Chico 530-879-7582 or Oroville 530-532-5918</p>
<p><b>Anthem Network Providers*</b></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></p>	<p>Employees and family members enrolled in an Anthem plan</p> <p><b>Call</b> 877-379-4844 <b>Visit</b> <a href="http://sisc.myameriben.com">sisc.myameriben.com</a></p>



# How to Register for Talkspace via Anthem EAP

Go to [www.anthem.eap.com](http://www.anthem.eap.com)

[For Employers](#) [For Producers](#) [For Providers](#) [Medicaid Renewal](#) [Search](#) [Español](#)

 [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


 Child and elder care needs

 Legal concerns

 Dealing with critical events

 Financial issues

 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

2/5/2024

# 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.

 SISC

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](#).

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


How can we help you?

Connect with a Counselor

Start here

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!

# How to Register for Learn to Live via Anthem EAP

Go to [www.anthem.eap.com](http://www.anthem.eap.com)

[For Employers](#) [For Producers](#) [For Providers](#) [Medicaid Renewal](#) [Search](#) [Español](#)

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

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If you're a provider, learn more about [EAP](#).

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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

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 a few 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](#)



Urgent Assistance

# 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.

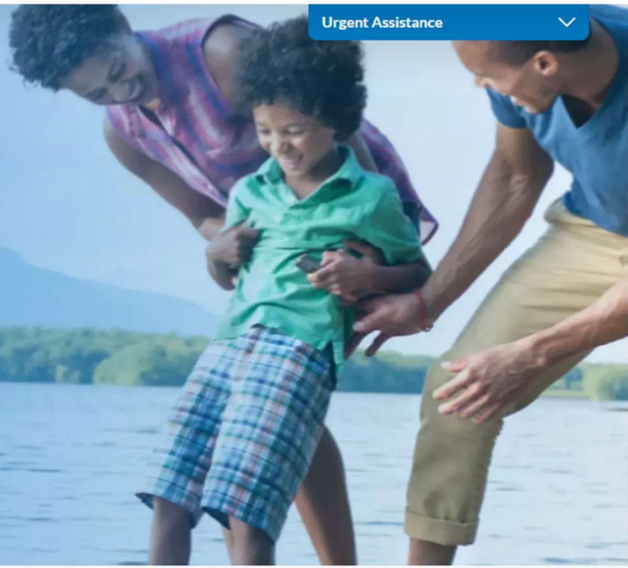
To log in, enter your company name, or the login name provided by your employer, in the login box below.



SISC

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



Sign in / Sign up


Urgent Assistance

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.

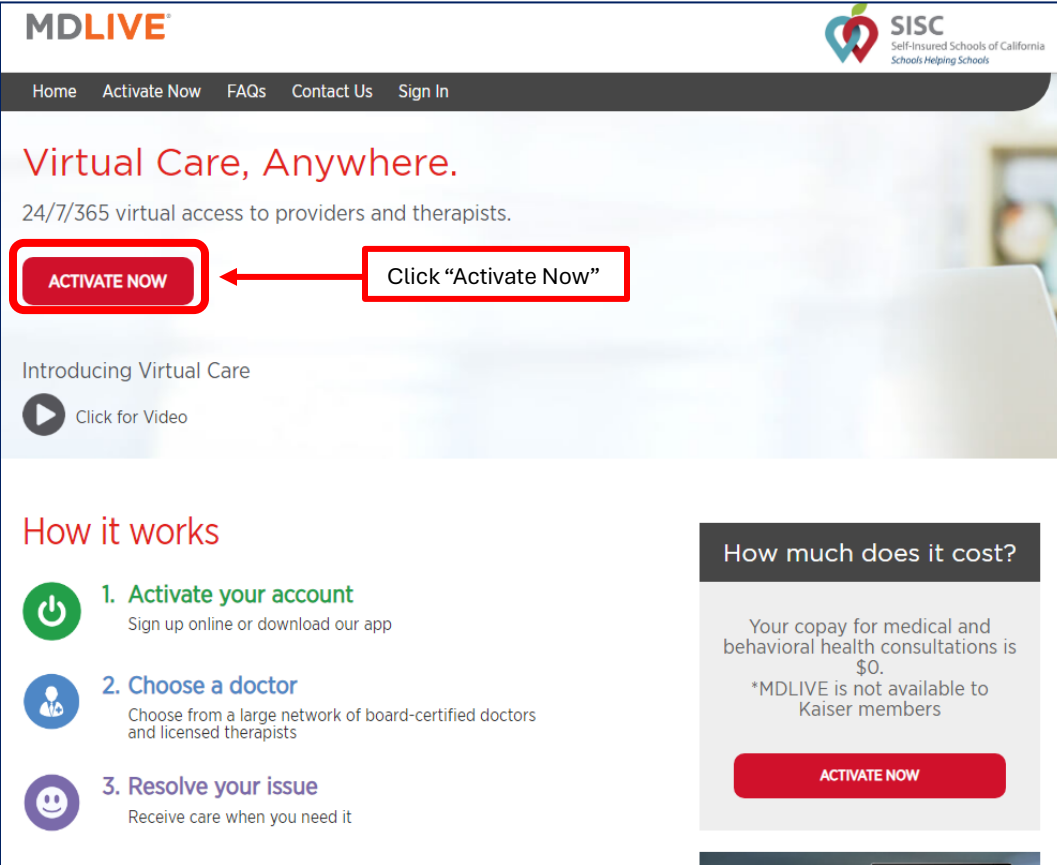
[Learn more information on our privacy policy.](#)

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.

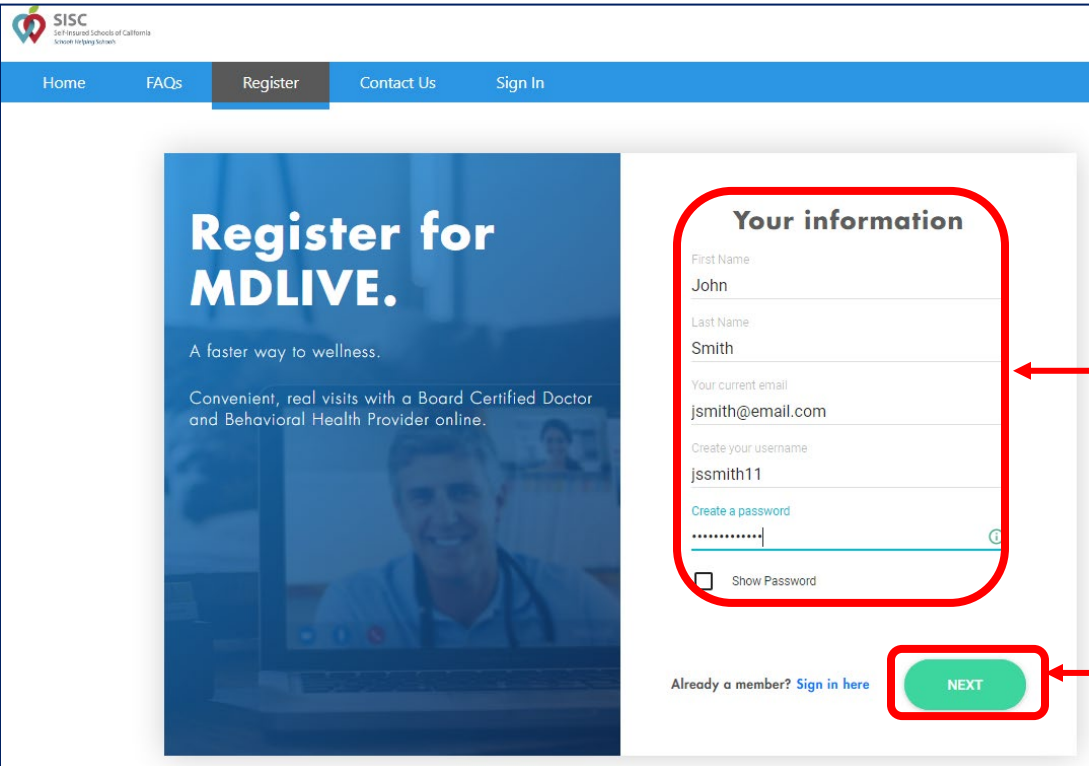


# How to Register for MDLIVE Medical and Mental Health Services **MDLIVE®**

Go to [www.mdlive.com/sisc](http://www.mdlive.com/sisc)



The screenshot shows the MDLIVE homepage. 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 titled "Introducing Virtual Care" with a "Click for Video" button. 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 box titled "How much does it cost?" states: "Your copay for medical and behavioral health consultations is \$0. \*MDLIVE is not available to Kaiser members." Below this is another "ACTIVATE NOW" button.



The screenshot shows the MDLIVE registration form. The left side has a blue background with the text "Register for MDLIVE. A faster way to wellness. Convenient, real visits with a Board Certified Doctor and Behavioral Health Provider online." The right side is a white form titled "Your information" with the following fields: First Name (John), Last Name (Smith), Your current email (jsmith@email.com), Create your username (jsmith11), and Create a password (password field with a strength indicator). There is a "Show Password" checkbox. Below the form is a link "Already a member? Sign in here" and a green "NEXT" button. A red box highlights the "Your information" section, with an arrow pointing to it from a text box that says "Enter the requested information for the main subscriber on your medical plan. Dependents can be enrolled after the main subscriber enrolls." Another red box highlights the "NEXT" button, with an arrow pointing to it from 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

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



### Medical Visit

● Wait 10 minutes or less\*

On-demand care 24/7 by phone or video for non-emergency illness and injuries.

[Learn More](#)

per appointment

Get Started



### Therapy

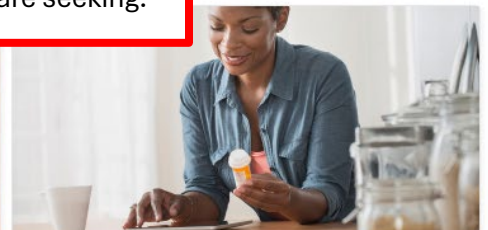
● Appointments in 1-2 days\*

Talk therapy and coping strategies from the comfort and privacy of home.

[Learn More](#)

First Appointment  
Follow-ups

Get Started



### Psychiatry

● Appointments in 2-3 days\*

Assessment and support for mental health issues with medication management.

[Learn More](#)

First Appointment  
Follow-ups

Get Started