

# 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>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>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>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>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>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>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>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>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>

\*Employees enrolled in an HSA-eligible plan may be billed for services in accordance with IRS requirements.