



## Added Value Benefits Available to You

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

### BENEFIT AVAILABLE TO ALL EMPLOYEES

#### Free 24/7 Help with Personal Concerns

Access free, confidential resources when you or a family member need help with emotional, marital, financial, addiction, legal or stress issues. Call 800-999-7222 or visit [anthemeap.com](http://anthemeap.com) Code: SISC



### BENEFITS AVAILABLE TO ALL EMPLOYEES AND FAMILY MEMBERS ENROLLED IN ANY ANTHEM PLAN

#### Primary, Preventive, Urgent Care\*

Urgent, primary, preventive and disease management care in Chico, Oroville and via telephone. Onsite medication dispensary and lab services are available. Call Chico 530-879-7582 or Oroville 530-532-5918 for an appointment.



#### Free Generic Medications\*

Access most generic medications at no cost through Costco retail and mail order pharmacies. Costco membership is not required. Call your local Costco pharmacy or visit [costco.com/home-delivery](http://costco.com/home-delivery).



#### Free 24/7 Physician Access for Medical and Mental Health Needs

Access 24/7 virtual urgent care services and appointment-based mental health services (psychiatry, and therapy available for ages 10+). Physicians can prescribe medications when appropriate. Call 800-657-6169 or visit [mdlive.com/sisc](http://mdlive.com/sisc).



#### Free Expert Medical Opinion

Get answers to healthcare questions and receive advice related to any medical issue or concern. World-leading experts in your area of need will review your diagnosis and treatment plan to provide a formal expert opinion. Call 855-380-7828 or visit [teladoc.com/sisc](http://teladoc.com/sisc).



#### Free Enhanced Cancer Benefit

Get help from a personal oncology nurse who can partner with you on every step of your cancer journey, including a review of your initial diagnosis and development of a care plan. Call 855-961-4533 or visit [lanternare.com](http://lanternare.com).



#### Free 24/7 Access to Virtual Maternity & Postpartum Support

Connect with a care advocate who will guide you through various resources related to pregnancy and postpartum care. Sign up during your 1<sup>st</sup> or 2<sup>nd</sup> trimester to qualify for a 6-month supply of diapers. Visit [mavenclinic.com/join/sisc](http://mavenclinic.com/join/sisc).



#### Virtual Menopause Care (visits subject to office visit copay/deductible)

Midi Health connects you to expert clinicians via virtual visits. They take your symptoms seriously and recommend science-backed medical solutions as part of a personalized Care Plan. Visit [joinmidi.com/sisc](http://joinmidi.com/sisc) to start your journey.



#### Free Remote Physical Therapy for Muscle & Joint Issues\*\*

Conquer pain, recover from an injury, or reduce joint stiffness with Hinge Health. You'll get personalized exercise therapy, instant feedback, unlimited 1-on-1 coaching and a physical therapist all through a convenient smart phone app. Call 855-902-2777 or visit [hingehealth.com/sisc](http://hingehealth.com/sisc).



#### Hip, Knee, and Spine Surgical Benefit\*

Consult top-quality surgeons on hip and knee replacements and certain spine surgeries. Benefit covers all medical bills, including patient and companion travel expenses. Call 888-855-7806 or visit [info.carrumhealth.com/sisc](http://info.carrumhealth.com/sisc).



#### Free Personalized Autoimmune Care

Get evidence-based nutrition and lifestyle coaching for your autoimmune condition or undiagnosed symptoms like chronic pain, fatigue, digestive or skin issues, and more. Visit [welltheory.com/sisc/explore](http://welltheory.com/sisc/explore) to start your care plan.



#### Free Personal Health Coaching

Get access to 1-on-1 health digital coaching, therapy, chronic condition management, health trackers and other tools in one convenient smart phone app. Visit [vida.com/sisc](http://vida.com/sisc).



#### Free Virtual Primary Care

Virtually connect with a primary care team to manage all your healthcare needs. Providers diagnose conditions, manage prescriptions, refer to specialists, and answer follow up questions using video visits or live chat. Download the Centivo Care app to register.



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

\*\*Family members are eligible when BSSP/SISC Anthem coverage is primary.