



# Take advantage of **no cost** benefits to help you get and stay healthy



## BENEFIT HIGHLIGHTS



## AVAILABILITY AND HOW TO GET STARTED

### 24/7 Help with Personal Concerns

*SISC Employee Assistance Program*

Access free, confidential resources for help with emotional, marital, financial, addiction, legal, or stress issues

All employees at member districts

Call 800-999-7222

Visit [anthemEAP.com](https://anthemEAP.com) & enter SISC



### Telehealth

*Skip the trip to the doctor's office*

Next time you have a minor health issue, you have many convenient ways to get care when and where it works for you.

Kaiser Permanente Members

Call 866-454-8855

Visit [kp.org/telehealth](https://kp.org/telehealth)



### Manage your health 24/7

*Stay connected wherever you go*

With our Kaiser Permanente app, keeping up with your care is quick, easy, and secure.

Kaiser Permanente Members

Call 800-464-4000

Visit [kp.org/register](https://kp.org/register)



### Away from Home Travel

*More care options while you're away from home*

No matter where life takes you, Kaiser Permanente has you covered. If something unexpected happens while you're away from home, it's easier than ever to get care.

Kaiser Permanente Members

Call 951-268-3900

Visit [kp.org/travel](https://kp.org/travel)



### Wellness Coaching

*Say hello to better health*

Changing your habits can be hard but working with a wellness coach can help. You'll get one-on-one guidance and support from one dedicated coach.

Kaiser Permanente Members

Call 866-862-4295

Visit [kp.org/coaching](https://kp.org/coaching)





## BENEFIT HIGHLIGHTS



## AVAILABILITY AND HOW TO GET STARTED

### Fitness Deals

*Find more ways to stay healthy and save*

Stay active & fit with a variety of reduced rates on studios, gyms, fitness gear, and online classes.

- Active&Fit
- ClassPass
- ChooseHealthy

Kaiser Permanente Members

**Call** 800-464-4000

**Visit** [kp.org/exercise](http://kp.org/exercise)



### Expert Medical Opinions

*Teladoc Medical Experts*

Get answers to health care questions and second opinions from world-leading experts.

Kaiser Permanente Members

**Call** 855-380-7828

**Visit** [teladoc.com/SISC](http://teladoc.com/SISC)



### Ginger

*Support for emotional wellness*

1-on-1 emotional support coaching and self-care activities to help with many common challenges.

- Coaches are available by text 24/7 with no cost and no referral needed

Kaiser Permanente Members

**Call** 800-464-4000

**Visit** [kp.org/selfcareapps](http://kp.org/selfcareapps)



### Calm

*Support for emotional wellness*

The #1 app for meditation and sleep. You can choose from hundreds of programs and activities.

- Guided meditation, Sleep Stories, Mindful movement videos

Kaiser Permanente Members

**Call** 800-464-4000

**Visit** [kp.org/selfcareapps](http://kp.org/selfcareapps)



### My Strength

*Support for emotional wellness*

Personalized programs designed to help you:

- Set mental health goals
- Track your progress
- Learn coping skills
- Make positive changes

Kaiser Permanente Members

**Call** 800-464-4000

**Visit** [kp.org/selfcareapps](http://kp.org/selfcareapps)

