



## CLASSIFIED AND MANAGEMENT



### **New!** Virtual Health Coaching from Vida for SISC PPO and HMO Members

SISC is excited to introduce Vida Health, a virtual care and health coaching service.

Vida, members get access to a number of different health programs that will help them achieve their personal health goals, all through an easy-to-use mobile app featuring mental health services such as anxiety, depression and lifestyle services for stress management and resiliency.

**Eligible members can also learn more about Vida by visiting: [www.vida.com/SISC](http://www.vida.com/SISC).**

Blue Shield and Anthem PPO and HMO Members (active and <65 groups) will have **free access** to:

- ✓ A **dedicated health coach or therapist** based on their unique goals and preferences
- ✓ A **customized health and wellbeing plan** that fits their life
- ✓ **Sync health devices to track and view progress** against goals
- ✓ **Guidance and support** through personalized content
- ✓ **On-demand phone, messaging, and video sessions** with a dedicated coach



Your Employee Assistance Program (EAP) offers tips to cope with anxiety and stress during the COVID-19 (coronavirus) outbreak. As news of the COVID-19 (coronavirus) evolves, you may find yourself growing increasingly anxious or stressed. If so, you are not alone. Your EAP is here to provide you and your household members support.

Join your Employee Assistance Program (EAP) for the upcoming live webinar series on COVID-19 best practices. To register, just click on the webinar title above and follow the prompts.

#### [Best Practices for Working Remotely During COVID-19](#)

**Date: May 13, 2020 Time: 3:30pm to 4:30pm**

#### [Dealing with Stress during COVID-19](#)

**May 20th, 2020**

**Time: 3:30pm to 4:30pm**

#### [Staying Social during Social Distancing](#)

**May 27th, 2020**

**Time: 3:30pm to 4:30pm**

### **Depression hurts and affects everyone differently. Let us help!**

Here's the good news! Depression is very treatable. When you're ready, we're here. Your EAP can help you deal with depression and the things in your life that contribute to it.

With EAP, you also have access to myStrength, a health club for the mind and provides:

- Personalized online and mobile wellness tools for managing depression, stress and other conditions.
- Inspirational videos, articles and quotes.
- Step-by-step eLearning modules.

Get the support you need by calling your EAP toll-free number.

**(800) 999-7222**

**AnthemEAP.com Login: SISC**