



2023

Wellness Information Guide for CVCEO, Charter and Non- Represented

Message from the Wellness Team

Here in CVESD we believe not only our students, but also our employees are individuals of great worth. Our VISION for employee wellness is to ensure mental and physical well-being for all CVESD personnel. Through programs, policies, benefits, and environmental supports, employee wellness will:

- Improve employee health and well-being
- Empower employees with health awareness and lifestyle skills that enhance the quality of life for all District personnel
- Positively affect employee morale and job satisfaction
- Optimize performance and productivity in order to contribute to the Mission of CVESD

This Wellness Benefits Information Guide provides employees information about wellness benefits that are available to CVESD employees. Please explore this guide to learn more about your wellness benefits. We look forward to providing you with as many resources as possible to support you along your wellness journey.



Employee Wellness

A healthier you starts here – mind and body!



Why Wellness?

Healthy, active lifestyles can help reduce the risk of chronic disease and may lower your annual healthcare costs. We care about your total well-being and encourage all employees to engage in our wellness resources at no-cost.

CVESD Wellness Program

Altitude Newsletters & Monthly Challenges

Sponsored by MMA, the Altitude Newsletters and Monthly Challenges are intended to raise awareness, provide educational activities, and offer tools and resources you can apply immediately to improve your health and well-being. These resources cover a wide range of topics to help you reach your total health potential. Topics include physical activity, nutrition, financial wellness, family and community connections, stress management, and more. MMA partnered with Motion Connected to allow employees access to a mobile app, device connectivity, activity trackers, Spanish capabilities and more.

By voluntarily participating and successfully completing Monthly Challenges, you become eligible to win great prizes sponsored by MMA that total over \$1,000 per month in value. Prizes may include Apple Watches, GoPro's, iPads, activity trackers, bikes, massagers, Vitamix's, air fryers and more!

To get started with MMA's monthly challenges, you will need to download the Motion Connected app and register with your CVESD-specific activation code (873-12AF4-224) to get started. There are employee-facing communications to create an account with Motion Connected that links the participant to their company specific profile on Motion Connected. Please contact your MMA service team for more information.

The MMA Total Health Monthly Newsletter provides general health information on a range of topics from credible resources. The newsletters can be shared digitally and/or printed. They are intended to compliment the MMA challenge topic, with additional information to deliver a cohesive message.

Headspace

Headspace provides a free version of their app to all public school district employees, Headspace of Educators. Employees have access to guided meditations to help with stress, anxiety, sleep troubles, and more! Click on the following link, [Headspace for Educators](#) and create an account using your K12 email address. The free version provides services for employees only and does not include dependents.



Kaiser Member Resources



KAISER PERMANENTE®

Wellness Support

Wellness Resources


With Kaiser's wellness resources, you will get tools, tips, and information to help you create positive changes in your life. Our complimentary resources can help you lose weight, eat healthier, quit smoking, reduce stress, and manage ongoing conditions like diabetes or depression. Visit <http://kp.org/health-wellness> to learn more.

Wellness Coaching

Kaiser also offers Wellness Coaching by phone, at no extra cost. You can work one-on-one with your personal coach to make a plan to help you reach your health goals. Get started at <http://kp.org/wellnesscoach>.

Active & Fit Direct

Discounted Gym Memberships

 Through Kaiser, choose from over 10,000 participating fitness centers nationwide for a much lower cost than you would pay on your own. Use the online fitness-tracking feature, which uses a variety of wearable devices and apps. You pay only \$25 a month (plus \$25 enrollment fee and taxes). Learn more at kp.org/choosehealthy. To confirm eligibility, please call Member Services at 800-443-0815.

Self-care Platforms

Calm

Through Kaiser, you and your enrolled dependents can access the Calm app at no cost. Calm uses meditation and mindfulness to help lower stress, reduce anxiety, and improve sleep quality. With guided meditations, programs taught by world-renowned experts, sleep stories narrated by celebrities, mindful movement videos, and more, Calm offers something for everyone. To get started, go to kp.org/selfcareapps where you can download the Calm app at no cost, once you have logged in as a Kaiser member.



MyStrength

Through Kaiser, you and your enrolled dependents can access myStrength at no cost. MyStrength personalized programs including interactive activities, daily health trackers to monitor and maintain your progress, in-the-moment coping tools, and more. It's designed to help you set goals and work towards them in ways that work for you – by making positive changes to support your mental, emotional, and overall well-being. To get started, go to kp.org/selfcareapps where you can download the MyStrength app at no cost, once you have logged in as a Kaiser member.



ClassPass

Kaiser members can get access to over 4,000 online fitness classes – including cardio, dance, meditation, bootcamp, and more – for \$0/month. In addition, members get a free trial plus a 20% discount on in-person fitness classes. Get started at kp.org/exercise.

classpass

Anthem Blue Cross Member Resources

\$0 PCP Co-Pays

SISC Anthem and Blue Shield PPO* members receive **\$0 co-pays on their first three in-network primary care office visits*** every calendar year. \$0 office visit co-pays apply to physicians with any of the following credentials:

- General Practice
- Nurse Practitioner
- Pediatrics
- Family Practice
- Internal Medicine
- Obstetrics & Gynecology

Visit <http://anthem.com/ca/sisc> or <http://blueshieldca.com/sisc> to locate a primary care provider today.

American Specialty Health

American Specialty Health (ASH) is a national health services organization contracted with Anthem that specializes in the review of physical medicine services and health and wellness provider networks. The ASH Clinical staff is made up of a wide variety of experts in the field of physical medicine, including **chiropractors, physical therapists, occupational therapists, acupuncturists**, and **medical physicians** boarded on physical medicine and pain management. ASH allows SISC to offer a member as many visits as needed without pre-determined plan limits. Your benefit plan allows for in-network physical medicine services, as long as it's medically necessary. Anthem processes claims according to the medical necessity decisions made by ASH.

To find an in-network provider, go to <https://www.anthem.com/ca/sisc/find-care/> or call the Member Services number on the back of your member ID card.

Lark's Diabetes Prevention Program



This program is focused on helping you improve your health through digital diabetes prevention coaching. Your coach is available 24/7 to offer **friendly, personalized, text message-based coaching** through the Lark mobile app.

- There are no meetings to attend or phone calls to schedule in advance. You can check in whenever and wherever it is convenient for you, right from your smartphone.
- You will receive a wireless scale that uploads your information to the app automatically so you can easily track your progress and share it with your coach.
- Lark will even send you a personal activity tracker, as long as you stay active in the program.
- The program is included at no extra cost as part of your Anthem health benefits.

This program can help you:



Lose
weight



Eat
healthier



Increase
activity



Sleep
better



Manage
stress

How do I start my digital Lark coaching?

First, visit lark.com/anthemBC and take the one-minute Prediabetes Risk Test to determine if you are at risk for prediabetes. If the test indicates that you have prediabetes or are likely to have prediabetes, you will be given a link to download Lark from the App Store® or Google Play™. You can begin interacting with your digital Lark coach immediately.

Time Well Spent

Time Well Spent, offered by Anthem, is a collection of [support and wellness programs](#) designed to surround you and your enrolled dependents with the tools you need to live healthier, feel better, and save money.

Educational resources are available to help you navigate the healthcare system and use your benefits wisely. Plus, it's part of your plan at no extra cost. Visit <https://timewellspent-ca.anthem.com/index.php/employee-education> to access the wellness toolkit, which includes [health tips, flyers](#), and [podcasts](#) to help analyze the steps you can take to get healthy and stay healthy. Topics include [preventive care, anxiety and depression, stress reduction, tobacco cessation, fitness and weight loss, diet and nutrition, and more](#).

Carrum Health



The Smarter Surgery Benefit!

Carrum Health is a surgery and medical benefit that provides you and your eligible family members access to some of the top surgeons in the country at little to no cost.* **Get started** at carrum.me/sisc.



Choose the Best: There is a wide range of covered procedures at hospitals across California that specialize in the care you need. Pick from among our highly qualified surgeons who have performed hundreds of medical procedures on average. The doctors in our program achieve better outcomes and have 80% fewer readmissions.



We'll Take it From Here: When you get surgery through Carrum, your company covers most, if not all, of the medical costs. Your travel will be fully-covered with a dedicated patient care specialist to help guide you through every step of the process.



Dedicated support: Our team takes care of all the planning and paperwork, so you can focus on your health.

*Carrum Health is a special surgery benefit for SISC members, early retirees (pre-65), COBRA participants, and dependents who are enrolled in an Anthem Blue Cross plan.

Blue Distinction+

Hip, Knee & Spine Surgeries

Hospitals meeting the requirements for the Blue Distinction+ (BD+) designation outperform their peers in the areas that impact patient health care the most [quality, safety](#) and [efficiency](#). BD+ Centers meet affordability criteria and deliver better results — including [fewer complications and readmissions](#) — than other hospitals. In order to be covered by the Preferred Provider Organization (PPO) plan, hip and knee replacements and certain inpatient spine surgeries must be performed at an Anthem Blue Cross Blue Distinction+ center.

Finding a Blue Distinction+ hospital

- Go to <https://www.anthem.com/ca/sisc/find-care/>. Scroll down to Blue Distinction Centers and Centers of Medical Excellence.

Hinge Health



Conquer back or joint pain without drugs or surgery!

Members on the SISC Anthem PPO medical plan get *free access to Hinge Health's innovative digital programs for [back, knee, hip, neck, or shoulder pain](#). Sign up for:

- Free wearable sensors & monitoring device
- Unlimited 1-on-1 health coaching
- Personalized exercise therapy

To learn more: Call (855) 902-2777, or apply at HingeHealth.com/SISC

*Participation is free for members who are not on a HDHP/HSA plan. Program fee for members on an HDHP/ HSA plan is subject to the deductible.



Maven



Free on-demand care for your parenthood journey

SISC is providing **PPO members** with free access to Maven virtual care for **pregnancy and postpartum support**. Use Maven for 24/7 access to doctors, specialists, coaches, and trustworthy content tailored to your experience. To start, visit www.mavenclinic.com/join/sisc to download and log into the Maven Clinic app.

Support at every stage of your journey

- **Pregnancy**
 - Midwives, OB-GYNs, Doulas
 - Birth Planning
 - Prenatal Nutritionists
 - Mental Health Specialists
 - Loss Support
- **Postpartum**
 - Infant Care Advice
 - Pediatricians
 - Lactation Counseling
 - Infant Sleep Coach
- **Return to work**
 - Emotional Support
 - Back-to-Work Support
 - Career Coaching

In addition, Maven offers a **free 6-month diaper subscription** for SISC PPO members who:

- Enroll during their first or second trimester
- Have an intro call with a Care Advocate
- Have two appointments with Maven providers during pregnancy
- Complete the exit survey when their baby is born



Contigo Health



Enhanced cancer benefit

The Oncology Center of Excellence (COE) Program has been created by Contigo Health, LLC as an enhanced benefit for SISC Anthem **PPO members** to access the highest level of cancer specialists and obtain expert comprehensive care throughout the process. People facing a cancer diagnosis can receive an in-person or virtual evaluation from City of Hope at no cost. City of Hope will also work with your home oncologist for one-year post-evaluation. Call (877) 220-3556 or visit sisc.contigohealth.com for more information.

Benefits include:

- **A recommended care plan** will be developed by an elite cancer care team and discussed with you and your treating oncologist.
- **Access to treatment options** when there is a barrier to care in the member's local market.
- **12 months continued access** to specialized clinical resources.
- **Navigation and advocacy support** provided by the Contigo Health Case Management team every step of the way.
- **Access to clinical trials** when they are suitable for your specific condition.
- **Covered travel expenses** for treatment will be covered for qualifying members including transportation, lodging, and daily stipend for meals and expenses for the patient and a companion.



Employee Assistance Program

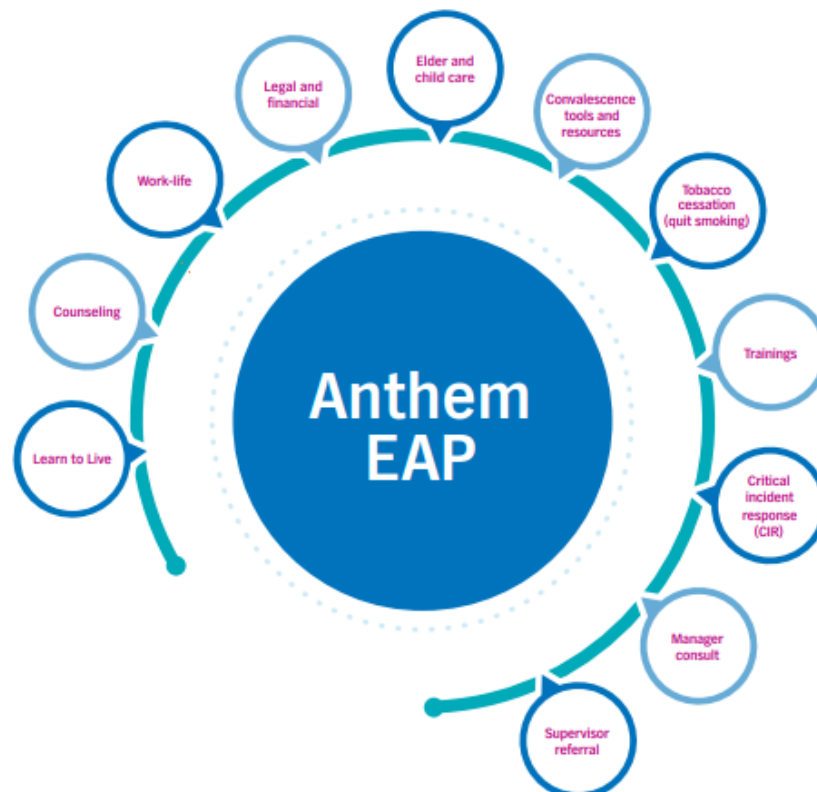
Live your best life! Take advantage of EAP's free resources and support.

The Employee Assistance Program (EAP) is here for you – 24/7, 365 days a year. Through this program, you get up to 6 face-to-face counseling sessions for each issue, every year, for you and each household member. To get started, just call 800-999-7222 or visit anthemEAP.com and enter SISC. EAP services are available to you and members of your household for free.

In addition, have access to:

- **One-on-one counseling by phone, in-person, and online.**
- **Web-based tools and resources**
 - Articles, checklists, quizzes and other educational materials
 - Webinars, podcasts and eLearning modules about everything from **parenting** and **identity theft** to **disaster preparedness**
 - **Legal forms**, including **wills**, **living trusts** and **rental agreements**
 - LiveCONNECT instant messaging with a work-life specialist
- **Legal and financial consultations**
- **Support on the go:**
 - The online and mobile **Learn to Live** program serves as a “health club for the mind,” connecting you to emotional health resources for managing **depression, anxiety, stress, substance use** and **sleep issues**.
 - LiveHealth Online for virtual visits with a licensed therapist
 - **@AnthemEAP on Twitter**. Enjoy daily well-being information and tips.
 - **The WellPost blog at anthemEAP.com**. Read about a wide range of work-life topics, written by experts in their fields.

The resource you need to make a difference.



Vida Health

















A personal health coach, to help you get healthier

Available at no cost to you, Vida Health matches you to a health coach with proven success in helping **people improve nutrition, lose weight, manage stress** and make the kind of lifestyle changes that lead to happier, healthier lives.

Vida Health offers:

- A coach to develop a personal plan and guide you every step of the way
- Ability to sync devices – like fitness trackers, scales, and blood sugar meters – to monitor your progress in the app

Programs to fit your needs

CHRONIC			THERAPY	LIFESTYLE		
						
Manage COPD	Lower blood pressure	Lower cholesterol	Reduce depression	Quit smoking	Lose weight	Exercise more
						
Manage Asthma	Prevent diabetes	Manage Diabetes	Reduce anxiety	Sleep better	Manage stress	Eat better

To **learn more**, download the Vida Health app from your phone's app store or visit vida.com/sisc.

In-Shape Gym Discount

Get 20% off at any In-Shape Fitness Center

SISC members may show the following **discount card** to receive their discount.

VISIT AN IN-SHAPE CLUB AND TAKE ADVANTAGE OF YOUR

CORPORATE DISCOUNT

IN-SHAPE AMENITIES

- Kid Zone with On-Site Childcare*
- Large Cardio Theater with Personal Viewing Screens
- Indoor and Outdoor Pools
- Unlimited Studio Classes
- Saunas, Steam Rooms and Spas
- Pickleball/Tennis/Racquetball
- Indoor and Outdoor 360FIT Functional Training Zones
- Strength Training and Free Weight Areas

WORK DAY CONVENIENCES

- 29-Minute Circuit*
- 5-Star Cleaning Standards
- Complimentary Wi-Fi
- Locker Room and Shower Necessities
- Healthy Drinks + Snacks Available*
- Towel Service*
- Coffee Bars*
- Excellent Customer Service

TRY THE CLUB FOR FREE

Stop by for your 1-DAY guest pass.

NAME _____

EXPIRES 12/31/2022. May not be redeemed for cash. Valid for 1 day from activation. Must be at least 18 years of age with valid photo ID. Limit one pass, regardless of duration, per person every 6 months. Club tour with Membership Experience Ambassador required. Amenities and facilities vary by location. Certain restrictions apply.

VISIT [INSHAPE.COM](https://inshape.com) FOR MORE CLUB DETAILS

Amenities vary by location. *Additional fees may apply.

ENROLL ONLINE AT [INSHAPE.COM](https://inshape.com) OR AT YOUR LOCAL CLUB.

SISC Self-Insured Schools
Company Code: SISC334
20% off recurring dues

IN-SHAPE®

