



Connecting to Resources

Palomar College Benefits Office



Medical Insurance Benefits



Kaiser

- ▶ For an urgent matter call member services for immediate support
- ▶ [How to get care](#)
- ▶ [Wellness Resources](#):
 - ▶ Free apps for help with sleep, stress, anxiety, and more
 - ▶ Calm
 - ▶ myStrength
 - ▶ Print and audio materials
 - ▶ Health classes

Anthem

- ▶ For an urgent matter call member services for immediate support
- ▶ [MDLive](#) – phone/virtual counseling (on back of member ID card) 800/657-6169
- ▶ The [Anthem Sydney App](#) is the most effective Anthem provider search tool and the best way to access wellness resources
- ▶ [Vida App](#) Emotional and physical health coaching 855/442-5885



Employee Assistance Program



- ▶ Anthem EAP
 - ▶ [Website](#) – (company code=sisc) personal/professional/family resources in print, recorded workshops, live webinars
 - ▶ Face to face resources 800/999-7222
- ▶ VOYA EAP
 - ▶ [Website](#) – (WebID=My5848i) personal/professional/family resources. Digital tool kits, on demand trainings.
 - ▶ Talk with an expert 877/533-2363
- ▶ [SISC Emotional Wellness Resources](#)



Professional Development



- ▶ Use the [Single Sign-on](#) to access the 3PD portal
 - ▶ In the gray ribbon toward the top of the screen hover your mouse over
 - ▶ “Learning” > select “Learner Home” > in the black ribbon in the top half of the screen you can search based on topic (emotional wellness/COVID/trauma informed...)
 - ▶ “Learning” > select “Workshop Calendar” > this will give you workshops that are coordinated through the Palomar PD office
 - ▶ For trainings and information through the California Community College Chancellors Office hover over “Systemwide Information” > select a general area of interest
 - ▶ To connect with your peers throughout the California Community College system hover over “Communities” > select a general area of interest



Kaiser Thriving Schools

- Kaiser Thriving Schools provides free resources to all school districts
 - Physical Health
 - Healthy eating, physical activity, preventing unhealthy habits
 - Mental Health
 - RISE=Resilience in School Environments, ACEs=Adverse Childhood Experiences,
 - Social Health
 - Food and housing security, student college readiness
 - Equity and Access
 - Racial justice, access to healthcare, attendance