

# Added Wellness Benefits through SISC

Kaiser Member Benefits	Anthem Member Benefits
Kaiser <u>Your Care Your Way</u>	<u>Anthem Membership Discounts</u> (HMO & PPO)
Kaiser <u>Wellness Coaching</u>	<u>MD Live</u> virtual care med/behavioral (HMO & PPO)
Kaiser <u>Total Health Assessment</u>	<u>Vida Health Coaching</u> (HMO & PPO)
Kaiser <u>Telehealth</u>	Anthem <u>Active &amp; Fit</u>
Kaiser <u>Active &amp; Fit</u>	<u>MyStrength</u> through the EAP (HMO & PPO)
<u>MyStrength</u> through the EAP	<u>Teledoc</u> Expert Second Opinion/Advice (HMO&PPO)
Teledoc <u>Expert Second Opinion/Advice</u>	<u>Hinge Health</u> (PPO only)
	<u>Maven Maternity Benefit</u> (PPO only)
	<u>Cancer Diagnosis Benefit</u> (PPO only)