



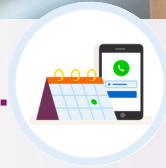
A personal health coach or therapist to help you get healthier



1
Download the
Vida Health app



2
Choose SISC as
your organization



3
Choose your coach or therapist
and schedule
your first session



4
Develop new
healthy habits and
reach your goals

Vida Health – your free health benefit through SISC – will match you with a health coach or therapist who will help you manage diabetes, lose weight, feel less stressed, and make lifestyle changes that lead to a happier, healthier life.

Vida will help you get healthier. That's why SISC will cover the cost for you.

With Vida, you'll get a virtual coach or therapist to help you with things like:



Losing weight



Managing and
preventing diabetes



Lowering blood pressure
or cholesterol



Getting more exercise



Reducing stress



Feeling better and
healthier overall



Explore your new benefit now

Visit vida.com/SISC to learn more about Vida. For help signing up, email support@vida.com.



Meet Karen

Because of Vida, I've lowered my blood sugar and my cholesterol. More importantly, I feel better. I have less pain, more energy, and a better relationship with food. I found exercise that I love and made changes that I know will last. Vida has changed my life for the better, perhaps even saved my life.

Anthem and Blue Shield PPO and HMO members over the age of 18 (Excluding 65+ Plans) are eligible for Vida Health. HSA members are not eligible for this program.