

Member districts of Shasta-Trinity Schools JPA enjoy a variety of services and benefits. It is the intent of STSIG to ensure all members have access to helpful programs that increase the value of membership and promote a *safe and healthy life.*



#### PRESTIGE URGENT AND PRIMARY CARE



Prestige offers STSIG members unlimited access to urgent and primary care for most medical conditions. They treat a full spectrum of acute and chronic conditions either by appointment or walk-in at their two Redding locations 7 days a week. The Prestige memberships are at no cost to PPO medical plan members and \$20 per visit for member enrolled in a high-deductible medical plan.

Locations:

3689 Eureka Way, Redding CA 96001 (530) 244-4577

85 Hartnell Ave., Suite 100, Redding Ca 96002 (530) 262-6001

#### CHRONIC MEDICAL CONDITION HEALTH COACHING



**Kannact™**

If you are living with a condition like Diabetes, High Blood Pressure, High Cholesterol, Thyroid Disease, Obesity or any Chronic Condition, it can add extra layers of stress to our already busy lives. Kannact can help. If you join the Kannact program, they'll pair you with a passionate health coach, provide you digital tools you can use with your phone or laptop, and send you free testing supplies to save you money every month. And they always keep your health information private.

You can visit our STSIG - Kannact website at [www.Kannact.com/STSIG](http://www.Kannact.com/STSIG) to enroll now.

This is a no-cost benefit

#### 24/7 HELP WITH PERSONAL CONCERNS



##### Employee Assistance Program

Access free, confidential resources if you or a family member needs help with emotional, marital, financial, addiction, legal, or stress issues.

Call 1-800-999-7222 Or go to [anthemEAP.com](http://anthemEAP.com) and enter **SISC**

This is a no-cost benefit

#### EXPERT MEDICAL OPINIONS



Get the answers to your health care questions, find a local physician, or review a diagnosis and treatment plan from world-renowned experts by web, phone, or app at no cost to you.

Call 1-835-2362 Or go to [Teladoc.com/sisc](http://Teladoc.com/sisc)

#### 24/7 PHYSICIAN ACCESS – ANYTIME, ANYWHERE



Consult with doctors and pediatricians over the phone or using online video for medical conditions such as cold, fever, sore throat, flu, infection, and children's health issues. Physicians can prescribe medication when appropriate. Online behavioral health visits are also available.

Register by calling MDLive at 1-888-632-2738 Or go to [mdlive.com/sisc](http://mdlive.com/sisc)

\$5 for PPO members \$40 for HDHP members

**Shasta-Trinity Schools Insurance Group**

85 Hartnell, Suite 200

Redding CA, 96001

530-221-6444



### FREE GENERIC MEDICATIONS



On our PPO pharmacy plans, members can get free generic medications at Costco and through Costco Mail Order (excludes certain pain and cough medications) and members on High Deductible plans can get free generic medications after their deductible has been met. Costco membership not required.

Call 530-222-0199 Or stop by the Redding Location, 1300 Dana Dr, Redding CA 96003. If outside of Redding call 1-800-774-2678 to find a local Costco

This is a no-cost benefit

### ENHANCED CANCER BENEFIT



Contigo Health is partnering with STSIG/SISC to offer an Oncology Center of Excellence Program to help covered members navigate their cancer diagnosis and treatment journey.

[Contigo Health Information Page](#)

This is a no-cost benefit for PPO members. 100% covered after meeting HSA deductibles if applicable.

### NO COST HIP, KNEE, AND SPINE SURGICAL OPTIONS



Get access to top-quality surgeons at Scripps with no out-of-pocket cost for members enrolled in a PPO medical plan. All medical bills, including deductibles, coinsurance and even travel expenses are covered.

Call 1-888-855-7806

This is a no-cost benefit for PPO medical plan members.

### DIABETES PREVENTION PROGRAM



Take control of your health. Prevent diabetes and start improving your overall health and well-being today with LARK. If you qualify, you can get access to a weight loss program and 24/7 coaching support. Lark provides a 16-week cutting-edge program that helps with

weight loss, adopting healthy habits, and can significantly reduce your risk of developing diabetes.

Go to [lark.com/anthemBC](http://lark.com/anthemBC) and take a 1-minute quiz to see if you qualify. Questions? Call 855-902-2777

This is a no-cost benefit

### ONLINE PHYSICAL THERAPY WITH PROFESSIONAL COACHING



Members on the STSIG medical plans get access to Hinge Health's innovative digital programs for back and knee pain. Programs may include wearable sensors & monitoring device, unlimited 1-on-1 health coaching,

and personalized exercise therapy. No cost to members enrolled in a PPO medical plan.

Visit: [hingehealth.com/sisc](http://hingehealth.com/sisc)

Questions? Call 855-902-2777

### GET PAID TO BE HEALTHY



SHASTA-TRINITY SCHOOLS  
INSURANCE GROUP

Primary members and their spouses can each earn a \$100 gift card by completing an annual wellness exam and your choice of two other health and wellness options from a list of thirteen. Cards are sent annually in

December for those who complete and submit the wellness tracker.

Visit [stsigpa.com/health-programs/wellness/](http://stsigpa.com/health-programs/wellness/) for more information. This is a no-cost benefit.

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## DISCOUNTED EYE GLASSES



VSP members can utilize this program for discounted eyewear.

First, create an account at [vsp.com](http://vsp.com). Then, go to [eyeconic.com](http://eyeconic.com)

This benefit is a 20% savings on glasses and sunglasses

## PREGNANCY AND POSTPARTUM SUPPORT



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 activate your membership: Download the Maven Clinic app.  
Visit [mavenclinic.com/join/SISC](http://mavenclinic.com/join/SISC) (Effective April 1, 2022)

## DISCOUNTED GYM MEMBERSHIPS



Choose from participating fitness centers and YMCAs nationwide for a much lower cost than you would pay on your own. You pay only \$25 a month (plus \$25 enrollment fee and taxes). Verify directly with fitness center for participation.

Members log into [anthem.com/ca/sisc](http://anthem.com/ca/sisc), Scroll down to "Value Added Benefits" and visit "[Active And Fit: ASH Gym Discount](#)".

This is a low-cost benefit

## DISCOUNTED HEARING AIDS



Use your \$700 hearing aid allowance through Anthem to purchase hearing aids. Just go to a TruHearing provider to be fitted and adjusted for a wide variety of the latest digital hearing aids. You will save about \$980 per hearing aid compared to national average prices.

Call 1-866-754-1607

This is a low-cost benefit

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