

SISC members achieved clinically significant weight loss and mental health outcomes

SISC's key priorities

- Address the elevated stress impacting both mental and physical health.
- Provide a virtual-first solution that is accessible to school workers across California.
- Offer workers access to real, human providers to ensure long-term engagement in care.
- Maintain attractive benefits to support employee retention.

About SISC

Self-Insured Schools of California is the largest public school pool in the US. For over 40 years, SISC has prioritized the highest quality healthcare and benefits for school workers across California.

- Total employees: 130,000
- Average employee age: 46
- Average number of conditions for Vida enrollees: 3
- Top conditions: Obesity, depression, anxiety, back pain, sleep problems

Engagement and clinical outcomes

85% greater weight loss achieved when enrolled in a weight loss program with therapy

24% increase in PCP visits among members who missed a visit in the previous year

44% of active members use Vida more than 5 days per week

47% average reduction in depression and anxiety scores in 3 months



“Now is the time for employers to expand and diversify mental healthcare to employees. It’s no longer something that’s simply nice to do. It’s an obligation.”

– Nicole Henry, Director of Benefits