

12 Reasons to Choose a Sysco-sponsored National Medical Plan

Take advantage of all these great benefits.

When you enroll in one of the four Sysco-sponsored national medical plans, administered by BlueCross BlueShield (BCBS), you'll have access to programs and resources that you just can't get with any other plan. You'll receive comprehensive medical coverage that includes an extensive network of highly rated doctors, and you'll also get access to:



A dedicated Health Pro through Alight to help simplify the complexities of healthcare and serve as your personal healthcare advisor.



Access to Teladoc Medical Experts for free, confidential expert medical review services.



A Telehealth service through MDLIVE that allows you to see a doctor anytime, anywhere.



A Telemental Health service through Spring Health that offers an online assessment tool that matches you with a therapist in your area. Plus, you can work with a therapist by online video chat from the comfort of your own home.



Mental Health and Substance Use Disorder treatment benefits through BCBS.



Special Beginnings Maternity Program through BCBS to help you safely manage your pregnancy.



Musculoskeletal condition resources through Physera that offer you individualized physical therapy, guided by expert physical therapists through the convenience of a smartphone, whenever and wherever it is convenient for you.



Diabetes condition resources through Omada and Virta. Omada offers an online behavioral counseling program for people with prediabetes and other obesity-related risk factors. Virta offers you nutritional therapy clinically shown to reverse Type 2 diabetes and eliminate the need for insulin.



Parent support resources through Rethink Benefits for associates who have dependents with special needs or behavioral concerns.



Cancer condition resources through AccessHope that offer peer-to-peer decision support from oncology experts and support services for associates and their covered family members dealing with complex cancers.



Tobacco Cessation Programs through BCBS to help you stop tobacco use.

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At the heart of
food and service