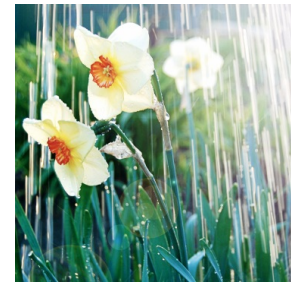


Your Benefits Bulletin

Volume 4, No. 6 | April 3, 2024

April showers bring May flowers!

This time of year brings a season of renewal and growth. Just like spring flowers, you need water and nutrients in order to bloom. Embrace this time of new beginnings and take good care of yourself by utilizing the comprehensive healthcare benefits that are available to you. You'll find a better, healthier version of yourself ahead!



Have you seen our NEW website?

You asked for it! 97% of the respondents from our fall member satisfaction survey indicated that it would be "very helpful" to have one website for access to all resources regarding benefits information.

Now you can find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust - all in ONE user-friendly place!



Explore and bookmark the new website today!

myschoolbenefits.org



Join the Challenge!

National Walking Day is April 3rd

Every step counts! Here are a few tips from the American Heart Association on how to fit a walk in during your busy day.

[Click here.](#)

Join the Spring Walking Challenge: March 19-April 29

It's not too late to join the team at your school for the six-week "Lifelong Wellness Journey" walking challenge! Get moving to show your school spirit, reduce stress, and improve your overall health. By taking 7,500 steps a day, you'll take a virtual journey across the globe and learn about the lifestyle habits of individuals who live a very long life.



How to enter your steps/activity

You don't have to be an avid walker or runner to participate. Any physical activity you do whether it's yoga, swimming, gardening, or dancing - can be converted into steps. You may connect your device by downloading the app or manually entering daily steps on the portal.

Complete weekly challenges for a chance to win

Participate in weekly individual pop-up challenges for a chance to win prizes.

Three chances to win a grand prize*

Member schools will have three chances to win a grand prize!

- The team that crosses the finish line first
- The most improved team
- The team with the most participation

* School teams must include more than 5 individuals to be eligible for the grand prize.

Registration remains open throughout the challenge so join the fun and register today!

Visit our new website at myschoolbenefits.org for details and to register.

You may also click here for a flyer with details.



Medical

Earn \$200 in Gift Card Rewards

As a PAISBOA HBT member, you (*and your enrolled spouse/partner*) can earn \$200 in gift cards by completing five healthy actions before October 31, 2024!

Click here for a flyer with details.

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx, VISA, and more!



Health Observances

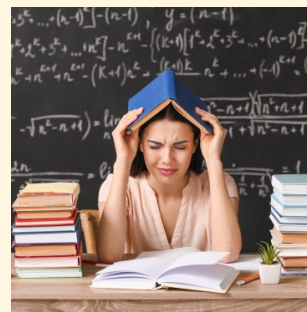
Stress Awareness Month

Managing stress is an essential component of a healthy lifestyle and learning how to cope with everyday stressors can improve your mental well-being and may also help prevent other serious conditions impacting your physical health!

Mental Health America (MHA) provides some tips on how to reduce your stress by utilizing a **Stress Screener**.

And you can click here for some practical tips from the CDC to help you cope with stress.

Click here for an overview of the mental health resources that are available to you through the PAISBOA HBT.



Upcoming Webinars

Live Global Workshop: My Rich Life

The riches of our lives are not found in our wallets. They are found in the small and unique details of our lives. In this month's Global Workshop, we'll cultivate gratitude and acknowledge the abundance in our lives.

Create an account or log in to the Wellbeing Hub HERE. Then scroll down to "Upcoming Events" to register.

All workshops are recorded and can be accessed on demand at any time.



Resources

myschoolbenefits.org

Find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust in one user-friendly place.

Independence Blue Cross

View medical and Rx benefits, claims, ID card, and more. Questions? Call the Champion team at [1-833-444-BLUE \(2583\)](tel:1-833-444-BLUE).

IBC Benefit Flyers

Use this link to access flyers for our many benefits.

\$200 Achieve Well-being Annual Award

Find instructions to get your \$200 after logging into your personal portal, on the Health &

Well-being Tab / Earn Rewards.

Wellbeing Hub

On-demand resources for mental, emotional, and physical well-being.

TruHearing

Call [1-888-933-7861](tel:1-888-933-7861) (TTY:711) to speak with a Hearing Consultant who will answer your questions, explain coverage, and schedule an appointment with a TruHearing provider.

Doctor on Demand Telemedicine

To join, enter “PAISBOA” as your employer.

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Maven Fertility and Family-forming Benefits

For support, email support@mavenclinic.com. Indicate you are enrolled in benefits through the PAISBOA HBT.

Delta Dental

View benefits summary, claims, and print ID card.

Working Advantage

For exclusive employee deals and discounts.

Health Advocates Employee Assistant Program (EAP)

For member schools with UNUM.

HTA Insurance Services

For Medicare information and enrollment assistance.

Member Advocacy Center (MAC)

Call Conner, Strong & Buckelew at [1-888-984-1186](tel:1-888-984-1186) or email hbtsupport@connerstrong.com at any time for all benefit-related questions.

The PAISBOA Health Benefit Trust provides, to eligible PAISBOA member schools, quality health benefit plans that deliver long-term value and stability for the Trust and its enrolled participants.

PAISBOA Health Benefit Trust | 301 Iven Avenue, Suite 315, Wayne, PA 19087

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