



Your Benefits Bulletin

Volume 4, No. 2 | December 4, 2023

Dear PAISBOA Health Benefit Trust members,

May peace, happiness, and good health be yours this holiday and throughout the new year. Wishing you all the joys of the season!

Be well,
Heather Gelting, Executive Director
The PAISBOA Health Benefit Trust

Medical

Flu and COVID-19 Vaccines

The best way to protect yourself against the seasonal flu is to get vaccinated each year. As a reminder, all PAISBOA Health Benefit Trust enrolled members are eligible to receive a flu shot at NO COST.

[Click here to learn more about the flu vaccine.](#)

National Influenza (Flu) Vaccination Week is December 4th – 8th. [Click here](#) to read *Healthy Habits to Help Protect Against Flu*, from the Center for Disease Control and Prevention (CDC).

COVID-19 vaccines are another critical tool to help reduce the risk of severe illness, hospitalization, and death. Our enrolled members have access to the **FDA-approved vaccines**, and these updated COVID-19 vaccines are covered at NO COST through an IBX in-network provider or pharmacy.

Beginning September 25, 2023, every U.S. household can place an order to receive four more FREE COVID-19 rapid tests. [Visit COVID.gov.](#)





Telemedicine

Get Cold and Flu Care from the Comfort of Home

See a doctor for cold and flu symptoms without getting out of bed. With **Doctor On Demand** by Included Health, you have 24/7 access to virtual care from anywhere.

Doctor On Demand can help you:

- Order prescriptions to the closest pharmacy.
- Manage your symptoms to feel better faster.
- Tell you if you're contagious and when you're not.
- See a doctor whenever, wherever you need care.
- And more!

Click here to create an account and enter "PAISBOA" as your employer.

Cost-sharing for all medical, therapy, and psychiatric visits with Doctor On Demand is \$10* through October 31, 2024.

**Participants on the HDHP must first satisfy their applicable deductible.*

MH Mental Health Matters

NEW Mental Health Resources

Do you know about the mental health care resources that are included in your benefits?

Click here for a one-page flyer with all the mental health resources included in your benefits with the HBT.

We're pleased to share information regarding NEW mental and behavioral health benefits that will expand and improve access to care.

Quartet offers care navigation to help you connect with mental health care that fits your needs, preferences, and benefits. That includes matching you with a provider that is in-network with IBX.

Click here for information on how to get started with Quartet.

myStrength Plus Mental Health Coaching program is a personalized self-guided digital tool that can provide up to 7 live virtual sessions with a Mental Health Coach if needed.



[Click here for details about myStrength Plus.](#)



Upcoming Webinars

Embracing Reflection Journaling Series

Curious about boosting your self-awareness and turning your experiences into actionable steps toward your goals? Join us in this month's On The Goga Global Workshop series, where we'll dive into the amazing potential of journaling for self-reflection, career satisfaction, and appreciating the people who make a difference in our lives.

Week 1: Career Chronicles - December 5th at 12 pm

Week 2: Self Discovery - December 12th at 12 pm

All workshops are recorded and available on demand, at any time on your Wellbeing Hub.

[Create an account or log in to the Wellbeing Hub here.](#)
[Scroll down to "Upcoming Events" to register.](#)



Benefit Partner Spotlight

Vision Benefits with VBA

Keep an eye on your vision health! As an enrolled member of the medical plan, vision care is included in your coverage.

Create an account to review your plan summary, find a provider, and print an ID card.

[Visit vbaplans.com.](http://vbaplans.com)



December Deals & Discounts

This December, your Working Advantage Deals & Discounts marketplace is here to help you celebrate the holidays! Find exclusive savings and discounts on Disneyland tickets, regular season NBA tickets, Apple TV+, and more.

[Visit your employee perks program online today for the latest discounts!](#)



Resources

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 hbtssupport@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.

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