



Your Benefits Bulletin

Volume 1, No. 1 | May 7, 2024

Dear PAISBOA Health Benefit Trust members,

We hope that you and your families are all healthy and well!

As a member of PAISBOA Health Benefit Trust (HBT), you enjoy benefits that are inherent to our mission, such as high-quality, comprehensive health plans at competitive rates, telemedicine services, vision coverage, and wellness programs. You also have access to the Member Advocacy Center (MAC) for customer support to answer all benefit-related questions.

With that in mind, I'd like to welcome you to the first issue of the PAISBOA Health Benefit Trust e-newsletter. We look forward to staying connected and providing helpful resources related to the healthcare benefits your school provides through the HBT.

Stay healthy and stay safe!

Sincerely,

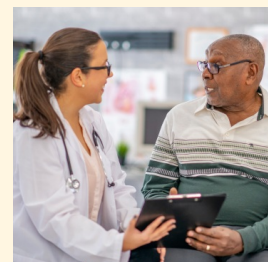
The PAISBOA Health Benefit Trust Team



An Independent Licensee of the Blue Cross and Blue Shield Association

Take Charge of Your Healthcare by Visiting the Highmark Member Website

By logging in to your Highmark Member portal, you can access your medical plan information and manage your healthcare. Once you register and log in, you will have access to:



- Find an in-network provider
- View your member ID card
- Review your recent claims activity
- And more!

[Click here for a flyer with details.](#)

To set up your member account, visit highmarkblueshield.com and click **Log In**, then **Register**.

Wellness Programs

Achieve Your Health and Wellbeing Goals with Wellness Coaches

Through your Highmark medical plan, you have access to free, customized health coaching to help you reach your well-being goals. Your Highmark Wellness Coach can assist you in a variety of areas, from losing weight, quitting smoking, balancing stress, and so much more. Upon completion of your health assessment, your Wellness Coach can develop a customized plan to improve your health and can direct you to resources and programs that are available to you.



[Click here for a flyer with details.](#)

Connect with a Wellness Coach today by calling **1-800-650-8442** Monday to Friday or visit HighmarkHealthCoachBlueShield.com to learn more.

Telemedicine

Well360 Virtual Health

Through Well360 Virtual Health, you can receive personalized care on the go. Highmark members can speak with a board-certified physician 24/7 from anywhere. With Well360 Virtual Health, you can quickly receive care for minor illnesses ranging from the flu, colds, sinus infections, and can even be prescribed medications. In addition, Well360 Virtual Health can also provide behavioral health support for anxiety, depression, and bereavement.



[Click here for a flyer with details.](#)

To schedule a virtual health visit, download the My Highmark app or visit MyHighmark.com.

Join the Challenge!

Lifelong Wellness Journey Walking Challenge Winners!

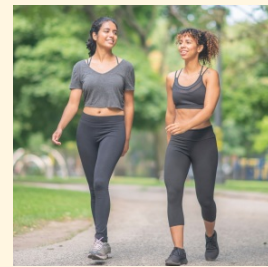
Congratulations to the 630 participants from 73 member schools who actively participated in the spring six-week walking challenge!

The three grand prize-winning teams* were:

- Stratford Friends School - reached the finish line first
- Delaware Valley Friends School - most improved
- The Wyndcroft School - highest participation rate

You're all winners! Even though the challenge has ended, we encourage you to keep on moving.

** School teams included 5 or more individuals*



Health Observances

Mental Health Awareness Month

According to the Centers for Disease Control and Prevention, mental health illnesses are one of the top health conditions affecting Americans, with over 1 in 5 adults in the United States living with one. Those struggling with mental health conditions, such as depression, are at greater risk for a multitude of physical health problems, including heart disease and stroke. That's why seeking care and support for your mental health needs is such an essential part of managing your overall wellbeing.

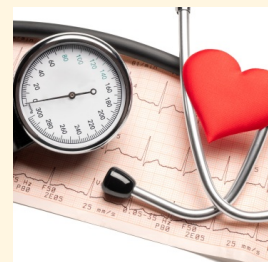
[Click here for more information from the Center for Disease Control and Prevention \(CDC\) on mental health and support.](#)



American Stroke Month

According to the **American Stroke Association**, stroke is the number 5 killer and a leading cause of adult disability in America.

[Click here to learn more about risk factors you can control.](#)



According to the American Stroke Association, **up to 80 percent of strokes** can be prevented by not smoking, making healthy food choices, getting enough physical activity, maintaining a healthy weight, and treating conditions such as high blood sugar, cholesterol and blood pressure.

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [1-800-345-3806](tel:1-800-345-3806).

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Maven

For support, email support@mavenclinic.com. Indicate that you are enrolled in benefits through the PAISBOA Health Benefit Trust.

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 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.

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