

## Your Benefits Bulletin

Volume 6, No. 1 | November 5, 2025

Wishing you a Thanksgiving filled with good health, gratitude,  
and meaningful moments with those who matter most!



### Wellness Programs

#### Wellable -- Now Live!

Our new wellness rewards program through Wellable is now live! Employees and spouses/partners enrolled in an HBT medical plan are eligible to earn up to \$50 in gift card rewards each quarter by completing wellness activities, such as logging workouts, completing preventive care, and more!

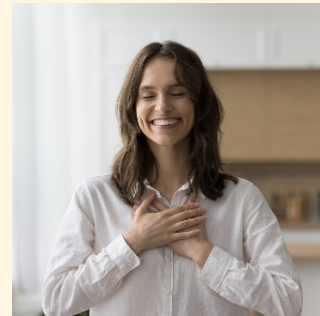
Explore a library full of health content, including fitness classes, recipes, and wellness tips to help you stay motivated all year long.

[Click here to sign up for Wellable!](#)

#### November Gratitude Challenge

Just in time for Thanksgiving, we're kicking off the Wellable rewards program with a Gratitude Challenge! Complete all 7 gratitude activities throughout the month of November to earn Wellable points and be entered into a drawing to win a set of AirPods! Get started today by navigating to the Bulletin Board once logged in to your Wellable account.

[Click here to view a flyer on the Gratitude Challenge.](#)



#### The Noom Weight Loss Program is Here!

Noom is now available to all employees enrolled in an HBT medical plan! This digital health program combines

proven behavioral science with practical tools to help members lose weight and maintain a healthier lifestyle. With Noom, you'll have access to personalized coaching, daily interactive lessons, food and activity tracking, and resources designed to help you make sustainable lifestyle changes.

Employees who meet certain clinical criteria may also qualify for discounted GLP-1 weight loss medications through Noom's self-pay program.



[Visit our website here to enroll.](#)

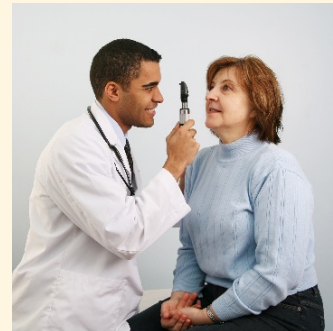
[Click here to view a flyer and learn more about what Noom offers.](#)

## Benefit Partner Spotlight

### Vision Benefits with VBA

Regular vision check-ups help protect your eye health and keep your prescription current. As an enrolled member of a PAISBOA HBT medical plan, vision coverage with VBA is included in your benefits.

VBA provides comprehensive vision coverage, including eye exams, lenses, frames, contacts, and more. No membership card is needed; simply notify your provider that you have VBA coverage at the time of your appointment.



[Visit vbaplans.com to create an account, find an in-network provider, and learn about your benefits.](#)

[Click here to view your VBA benefit plan summary.](#)

## Health Observances

### American Diabetes Month

November is American Diabetes Month, which is a time to raise awareness about diabetes and its impact on millions of Americans. According to the **Center for Disease Control (CDC)**, about 38 million adults in the U.S have diabetes and 1 in 5 of those remain undiagnosed. Diabetes is the 8th leading cause of the death in the U.S. and in the last 20 years, the number of those adults diagnosed has more than doubled as the population has aged and become more overweight.



### What can you do?

Know your numbers! Get an annual exam and complete the appropriate lab work to help monitor your glucose and overall health!

[Click here to learn more about the basics of diabetes.](#)

## Lung Cancer Awareness Month

Lung Cancer is the leading cause of cancer death for both men and women in the U.S. with about 209,000 diagnosed each year, according to the CDC. You can reduce your risk by not smoking or quitting smoking. Talk to your doctor about whether a lung cancer screening is right for you.



If you do smoke, consider joining the **Great American Smokeout** on November 20th, which is a nationwide event, sponsored by the American Cancer Society that encourages smokers to quit for at least one day as a step toward better health.

You can get reimbursed up to \$150 by completing an approved Tobacco Cessation Program through the IBX Health Lifestyles program. Take this opportunity to protect your health and rescue your cancer risk.

[Click here to learn more.](#)



## Upcoming Webinars

### Work-Life Harmony

Join Wellable for this month's Work-Life Harmony webinar, which brings balance and time management into focus to help you live a more productive, less stressed, and more fulfilling life. You'll learn what it means to feel balanced, identify habits that support stability, and discover practical ways to manage your time and energy more effectively. Earn Wellable points by joining the webinar and completing a short quiz at the end!



Choose the session that works best for you:

- Tuesday, November 18th at 10:15 am
- Wednesday, November 19th at 12:15 pm
- Thursday, November 20th at 2:15 pm

Can't make it to a live session? A recording will be posted 72 hours after the final webinar under the Events tab in your Wellable user account.

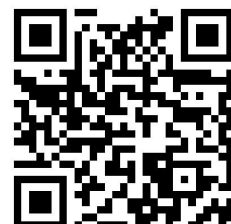
[Register for the webinar here!](#)

[Click here to view a flyer with more details.](#)

[Explore and bookmark the website today](#)

Find information about the benefits your school provides in one user-friendly place!

[myschoolbenefits.org](https://myschoolbenefits.org)





## Resources

### **[myschoolbenefits.org](https://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.

### **Doctor on Demand Telemedicine**

To join, enter “PAISBOA” as your employer.

### **VBA Vision Benefits**

View benefits summary, claims, and print ID card.

### **Noom**

Visit our website to join. For support, email [partnersupport@noom.com](mailto:partnersupport@noom.com).

### **Wellable**

Use this link to join. Email [support@wellable.co](mailto:support@wellable.co) with questions regarding the wellness rewards program.

### **Maven Fertility and Family-forming Benefits**

Use this link to join. For support, email [support@mavenclinic.com](mailto:support@mavenclinic.com). Indicate you are enrolled in benefits through the PAISBOA HBT.

### **United Concordia 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](mailto: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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