

Your Benefits Bulletin

Volume 6, No. 6 | April 6, 2026

Spring is a time for rejuvenation, and this season is a great opportunity to prioritize your health by staying up to date on recommended preventive exams, screenings, and immunizations.

Since summer is often an ideal time for most members to complete these activities, start scheduling your appointments today!

[Click here for a summary of preventive care for adults.](#)



Medical

Congratulations to the sweepstakes winners who created a Garner account before the end of March!

Although the event is over, it's not too late to create your Garner account. **Garner** is a FREE benefit for those enrolled in the **HBT's PPO or High-deductible medical plans**.^{*} With Garner, finding top-performing doctors is simple. Garner has already done all the research for you and selected "Garner Top Providers" — doctors in your network who have a track record of delivering the best patient outcomes.

When you see a Garner Top Provider, you can **get reimbursed for your out-of-pocket medical costs**. You get the highest quality care, and you save money. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

[Meet Garner in this short video.](#)

[Create your Garner account here!](#)

For easier account management, download the Garner Health app from the [Apple App Store](#) or [Google Play Store](#).



garner™

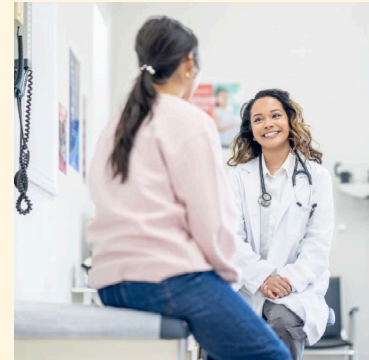
For more details on how to use your benefit, check out your [Garner Guide](#).

**Plan participants enrolled in an HMO plan are not eligible to participate in Garner Health, as they benefit from built-in care coordination through their primary care physician.*

Know Where to Go for Care

It's important to know where to go for care depending on your symptoms so you can get the right treatment when you need it. Telemedicine, the doctor's office, urgent care, and the emergency room offer different levels of care, convenience, and cost. Knowing your options ahead of time can help you make the right choice when a health issue arises.

[Click here to view a flyer with guidance on where to go for care based on your symptoms.](#)



Benefit Partner Spotlight

The Willpower Myth

Led by two Noom Health coaches, this 45-minute session explores the science behind habit formation — why willpower alone often falls short and what actually drives lasting behavior change. Attendees will walk away with practical, psychology-backed strategies they can start using right away. Plus, all attendees will be automatically entered into a raffle to win a free Noom cookbook!

The Willpower Myth
Wednesday, April 29 at 2 pm

If you're unable to attend, please register anyway! The webinar will be recorded and sent to all those who register. Please note that you do not need to be enrolled in Noom to attend the webinar, as it is open to all employees of HBT member schools.

[A flyer about the webinar can be found here.](#)

[To learn more about Noom or enroll, visit our website here.](#)

[Register for the webinar here!](#)

Looking for more ways to build healthier habits? Noom is offering a **free** 90-day Microhabits Guide that provides actionable exercises and tools to help you make healthy changes. You do not need to be enrolled in Noom to access this free resource.

NOOM

Click here to view a flyer with more details and download your free e-book.



Join the Challenge!

The Spring Walking Challenge continues! March 20-April 30

It's not too late to join "The Power of Steps" Walking Challenge! By taking 7,500 steps each day, you'll travel virtually to unlock a new milestone at each stop, highlighting the science-backed benefits of walking.

How to enter your steps/activity

You don't have to be an avid walker or runner to participate. Any physical activity you do can be converted into steps. Sync your device by downloading the app or by manually entering your daily steps on the portal.

Complete weekly challenges for a chance to win

You can win prizes for completing individual weekly challenges which will be highlighted in the portal.

Three chances to win a grand prize

Member schools will compete as a team* and have three chances to win a grand prize!

1. The team to cross the finish line first
2. The most improved team
3. The team with the most participation

**Teams must be comprised of more than 5 individuals to be eligible for the grand prize.*

You must create a new account even if you have participated in past walking challenges.

Click here for a flyer with a QR code to join.
Click here for FAQs.

Register HERE today!

Or visit myschoolbenefits.org for details and to register.
Need help? Email: walkingchallenge@well-concepts.com

NEW THIS YEAR! Those enrolled in an HBT medical plan who are eligible for Wellable can earn a one-time bonus of **500 Wellable points**, as a *Special Activity*, by logging their participation in the Walking Challenge. Visit your Wellable Bulletin Board for more details!



Upcoming Webinars

Wellable Live Virtual Events

Join Wellable this April for live virtual events designed to support your physical and mental well-being. In addition to learning healthy habits, you can earn Wellable points by attending the *Talk Tuesday* webinar, with additional points available for completing a short quiz at the end. April's featured topics include:

- Talk Tuesday - **Fiscal Fitness**
- Workout Wednesday - **Power Yoga**
- Thrive Thursday - **Energizing Breathwork**



Registration can be completed through the *Events* tab once logged in to your Wellable user account. 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.

[Click here to view the April events flyer for full details and registration links.](#)

[Haven't signed up for Wellable yet? Register here!](#)



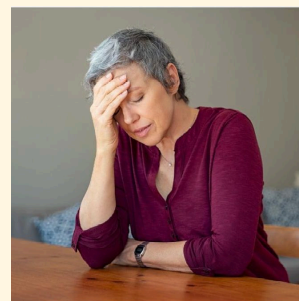
Health Observances

Stress Awareness Month

April is National Stress Awareness Month, bringing attention to the impact of stress on both mental and physical health. Managing stress is essential for a balanced lifestyle and can help prevent and or reduce health issues.

Key steps to help manage stress include:

- Identify stressors
- Practice mindfulness
- Seek support



[The CDC offers some ways to manage stress here.](#)

Everyone's experience with stress is unique, and there is no one-size-fits all solution. Because it can affect your mental and physical health, prioritizing self-care is a vital step toward a healthier, more balanced life!

[Click here for a flyer that summarizes the mental health care resources available to you.](#)

Explore and bookmark the website today

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

myschoolbenefits.org





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.

Garner Health Reimbursement

Use this link to join. Need assistance? Contact the Concierge team via the in-app chat or email concierge@getgarner.com.

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.

Wellable

Use this link to join. Email 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. 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 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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