

Your Benefits Bulletin

Volume 2, No. 8 | June 4, 2025



Join the Challenge!

Gear Up For the Summer Biking Challenge June 15 - July 13

We're excited to announce our first-ever, four-week Summer Biking Challenge! You don't need to be an avid biker to participate – all are welcome. Whether you cycle outdoors or use a stationary bike, you can participate in the way that is most convenient for you. By riding 200 miles over the course of this challenge, you'll cycle virtually across the Appalachian Trail stopping at scenic landmarks along the way!



How to Log Your Rides

Track your rides by syncing your fitness device or manually log your miles in the portal.

Click here to for by step instructions to sync your iPhone or Apple Watch. You may follow these same instructions to sync other types of fitness trackers – just select the appropriate device name from the menu. Participants may manually log their miles by selecting “manual entry” when logged in to the portal.

Ride for a Chance to Win a Prize

While you'll be prompted to enter your school name when registering, this is an individual challenge and your rides are based on your personal performance. Weekly winners* will be recognized throughout the challenge for their progress and grand prizes will be awarded at the end to the top achievers. Keep pedaling forward for a chance to win!

**Please note, weekly winners are eligible to win a prize once throughout the course of the challenge, but still remain eligible for a final prize.*

Registration is open throughout the challenge but get a head start by registering **here** before the challenge opens on June 15th!

Medical

Stay on Top of Your Health This Summer with Preventive Care

Summer is a great time to schedule your annual check-up and health screenings. Preventive care helps detect conditions early, when they're easier to treat, and can identify risks based on your age, gender, and family medical history.

Be sure to talk to your doctor about the screenings and services that are right for you. Taking small steps now can make a big difference in your long-term health!

[Click here for a one page summary of the Preventive Health Guidelines for Adults.](#)

[Click here for a comprehensive list of preventive services for all ages through Highmark.](#)



Get High-Quality Care at Blue Distinction® Centers

Finding high-quality medical care that you can trust is important, which is why the Blue Cross Blue Shield Association has designated centers of excellence that have proven to deliver exceptional care and patient outcomes. Blue Distinction® Centers demonstrate treatment expertise and quality care, while Blue Distinction® Centers+ provide cost-effective, quality care. Health care facilities and providers offering specialty medical care in the following categories are recognized under the program:

- Cancer care
- Cardiac care
- Weight loss surgery
- Maternity care
- Transplants
- And more!

[Click here to find a list of doctors, hospitals, and other healthcare facilities that carry the Blue Distinction® or Blue Distinction® Center+ status.](#)



Benefit Partner Spotlight

Vision Care is Covered with VBA

Comprehensive eye exams are an important part of your overall health, helping to detect eye diseases early and maintain long-term vision and eye health.

As an enrolled member of an HBT medical plan, vision care is INCLUDED in your coverage, so there's no better time to schedule your annual exam!

Take advantage of your benefits and make your eye health a priority this summer.

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

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



Health Observances

Support Men's Health This Month

This month is a great time to encourage the men in your life to prioritize their well-being by scheduling annual check-ups and making healthy lifestyle choices. With regular preventive care, proper nutrition, and exercise, many diseases can be caught early and effectively managed, helping men lead longer, healthier lives!

Visit the [Men's Health Network Resource Center](#) for a library of resources, and learn more about various diseases such as: [Cardiovascular Health](#), [Mental Health](#), [Prostate Health](#), [Diabetes](#), and more.



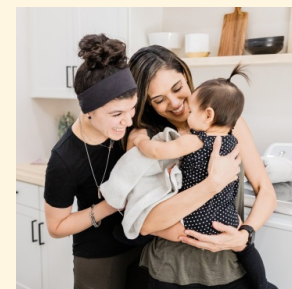
Upcoming Webinars

Maven Moments: Support for LGBTQIA+ Reproductive Healthcare

This session will focus on providing personalized support throughout all phases of reproductive health, from trying to conceive to menopause. The webinar will address the unique needs of the LGBTQIA+ community, offer guidance on family-building options, and explore how Maven can provide compassionate care during each stage. Whether you're planning for a family, navigating pregnancy, adoption and surrogacy or going through menopause, this session may give you the support and resources you need.

Tuesday, June 24 at 12 pm

[Click here to register or to watch archived recordings of previous webinars.](#)



Explore and bookmark the website today

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

myschoolbenefits.org



Resources

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [844-946-6218](tel:844-946-6218).

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.

United Concordia

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.



Try email marketing for free today!