

## Your Benefits Bulletin

Volume 4, No. 7 | May 3, 2024

### May is Mental Health Awareness Month

As we enter the month of May, we'd like to remind you about the importance of prioritizing your mental health and emotional well-being as much as your physical health. Whether you are feeling overwhelmed by stress or struggling with anxiety and/or depression, remember that seeking support is a sign of strength.

[Click here for a flyer with resources available to you!](#)



### Telemedicine



#### See a psychiatrist or therapist online.

From medication for anxiety to children's therapy, see a psychiatrist or therapist specializing in your unique needs.

**Find care that fits.**



[Click here for a flyer with a QR code to join Doctor On Demand.](#)

Be sure to enter "PAISBOA" as your employer when creating a new account.

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

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



# Join the Challenge!

## Wellbeing Hub: Healthy Minds Challenge

This challenge encourages you to think about practices you already have or that you can add to strengthen your mental health toolkit. Whether it's a new mindfulness technique, a creative outlet, or a form of self-expression, the goal is to ask, "What can I do to support my mental well-being today?"

Participants will be entered into a weekly drawing for a \$35 gift card and an opportunity to win a \$100 gift card as a grand prize! For details about how to play:

**Create an account or log in to the Wellbeing Hub [HERE](#).**

## Lifelong Wellness Journey Walking Challenge Winners!

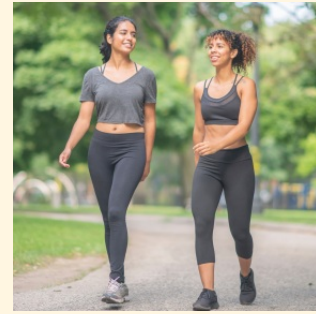
Congratulations to the 630 participants from 73 member schools who actively participated in the spring six-week walking challenge!

**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

### American Stroke Month

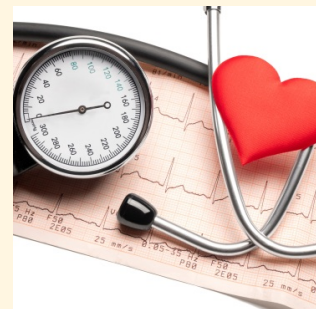
According to the **American Stroke Association**, stroke is the number 5 killer and a leading cause of adult disability in America.

**Click here to learn more about risk factors you can control.**

**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.

**What healthcare benefits can help you manage these kinds of conditions and stay healthy?**

- **Tabacco Cessation Reimbursement**
- **Diabetes Management**



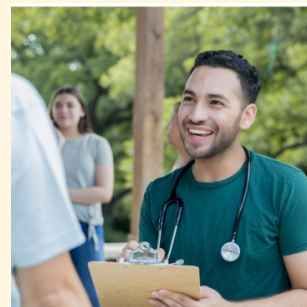
- **Hypertension Management**
- **Nutrition Counseling**
- **Weight Management Reimbursement**

## FREE Biometric Screenings

It's important to know your numbers to effectively manage and treat a health condition! You can visit a LabCorp location for a free health screening. Get readings for cholesterol, HDL, calculated LDL, triglyceride, calculated cholesterol/HDL ratio, glucose, height, weight, and blood pressure.

**Register an account and get your voucher to print and present at a LabCorp Patient Service Center location.**

Be sure to share your results with your primary care physician. Did you know you can earn a reward for getting your annual check-up and routine blood work? Read more below...



## Medical

### Earn \$200 in Gift Card Rewards

As a PAISBOA HBT member, you (*and your enrolled spouse/partner*) can earn \$200 in gift cards by completing five healthy actions before October 31, 2024!

**Click here for a flyer with details.**

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx, VISA, and more!



## Upcoming Webinars

### GradFin Student Loan Services

**Do recent changes to student loans and updated policies affect you or a loved one?**

To learn about loan forgiveness programs and recent policy decisions, you may access a free webinar on:

**Tuesday, May 7th at 12 pm**

GradFin student loan services are available to you through IBX. GradFin can help you and your family find strategies to save for college and/or reduce your student loan debt. To learn more about loan forgiveness programs and recent policy



decisions, you may access a free webinar on:

[Click here to register.](#)

### Live Workshop Series: Somatic Body Breaks

Reconnect with your body through movement that is performed consciously, with internal focus and attention. In this month's Global Workshop Series, you'll dive into somatic body-centric practices to release stress, recenter, and reconnect.

**Create an account or log in to the Wellbeing Hub [HERE](#).** Then scroll down to "Upcoming Events" to register.

*All workshops are recorded and can be accessed on demand at any time.*



### Have you seen our NEW website?

Now you can find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust - all in ONE user-friendly place!



Explore and bookmark the new website today!

[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.

### **\$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** (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](mailto: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** 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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