

Your Benefits Bulletin

Volume 3, No. 9 | July 2, 2026

As we celebrate Independence Day, we also recognize the beginning of America's 250th birthday celebration, a historic anniversary that honors our nation's past while looking toward the future!

The occasion is a fitting reminder of Benjamin Franklin's well-known quote, "*An ounce of prevention is worth a pound of cure.*" This principle reflects our commitment to prevention, wellness, and high-quality healthcare for the members we serve.

We wish you and your family a safe, healthy, and happy Fourth of July!



Medical

Free Colorectal Cancer Screening Opportunity

According to the **American Cancer Society**, colorectal cancer is the second leading cause of cancer deaths nationwide among men and women. Early detection through regular screening can significantly improve treatment outcomes and save lives! Colorectal screenings are covered through your Highmark plan as a preventive service with a \$0 cost share when completed according to recommend screening guidelines.

As part of our ongoing *Preventive Care Campaign*, we're pleased to partner with Labcorp to offer **free** ColoFIT kits to employees ages 45 and older who are enrolled in an HBT medical plan. The ColoFIT kit is a convenient, at-home test that checks for hidden blood in your stool - an early indicator of potential colorectal issues. If you're due for a screening based on recommended preventive guidelines, we encourage you to take advantage of this free screening opportunity.

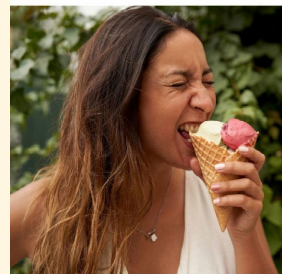
Eligible members will receive more information soon on how to access this free preventive care benefit.



Garner Summer Sweepstakes

The sun is out, and so is your Garner reimbursement benefit. We're making this season even sweeter!

Activate your account, explore your benefit, and enter the Garner Summer Sweepstakes for a chance to **win one of five \$1,000 Visa gift cards and an ice cream maker.** Enter by July 10, 2026.



Garner is a free benefit for members enrolled in the PAISBOA Health Benefit Trust's PPO, EPO, or High-Deductible (HD) medical plans. With Garner, you can find the best in-network doctors and receive reimbursement for your eligible out-of-pocket medical costs, up to \$1,000 for an individual or up to \$2,000 for families.

Enter in Three Scoops 🍦

🍦 **Create an account** (select "PAISBOA Health Benefit Trust" as your employer when prompted) OR **log in** if you already have an account

🍦 **Complete a provider search**

🍦 **Add a Garner Top Doc to your Care Team**

Complete all three steps for a chance to win.

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

For more details on how to use your benefit, visit our [website here](#) and/or check out your [Garner Guide](#).

Entry Period 6/20/2026– 7/10/2026. Eligible only to those who are (i) 18 years of age or older, (ii) are employees of employers that offer Health Reimbursement Arrangement benefits that are administered by Garner Health Technology, Inc. and are themselves eligible to receive those benefits, (iii) have created an account on the Garner app or website, completed a non-named provider search, and added at least one provider to their Care Team prior to July 10, and (iv) are legal residents of the 50 United States, DC, or Puerto Rico. You are not eligible to participate if your employer has opted out of this Sweepstakes program or otherwise prohibits its personnel from accepting prizes from third parties; please consult your employer if you have any questions on this point. Void where prohibited. Contact sweepstakes@garnerhealth.com to see Official Rules for full details. NO PURCHASE NECESSARY.



Benefit Partner Spotlight

Build Mental Resilience with Noom

Strengthen your ability to manage stress through Noom's new three-part *Mental Resilience* video series. The series explores the connection between mindset, nutrition, and whole body health, offering simple tools to help you better navigate stress and build lasting resilience. Each brief video introduces science-backed, practical tips designed to support healthy

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behaviors that are easy to incorporate into your daily routine. Please note that you do not need to be enrolled in Noom in order to access this video series.

[Click here to view a flyer with more details and access the *Mental Resilience* video series.](#)

[Visit our website here to learn more about the Noom weight-loss benefit and how to enroll.](#)



Upcoming Webinars

Stress Less Challenge Wrap-Up

Congratulations to Susy Lake from George School for being randomly selected as the winner of our June Stress Less Challenge! Thank you to everyone who participated and made time to relax, recharge, and prioritize stress management throughout the month. Stay tuned for future wellness challenges and more opportunities to earn rewards!



Wellable Live Virtual Events

Join Wellable this July 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. July's featured topics include:

- Talk Tuesday - **Giving For Good**
- Workout Wednesday - **Dynamic Yoga**
- Thrive Thursday - **Restorative 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 July events flyer for full details and registration links.](#)

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



Health Observances

July is UV Safety Month

Summer is the perfect time to get outdoors and enjoy the sunshine. As you do, it's important to remember that prolonged exposure to ultraviolet (UV) rays can pose serious health risks.

According to the **Skin Cancer Foundation**, 1 out of 5 Americans will develop skin cancer by age 70. Research also shows that experiencing five or more sunburns can double your risk of developing melanoma, the deadliest form of skin cancer. The good news is that prevention is simple and effective: wear sunscreen, choose protective clothing, seek shade during peak sun hours, and limit direct sun exposure whenever possible.



[Click here to learn more about how to protect your skin.](#)

Social Wellness Month

July is Social Wellness Month - a time to bring awareness to the role that relationships and social connections play in our overall well-being. According to the **Centers for Disease Control (CDC)**, high-quality relationships can increase life expectancy by reducing the risk of chronic diseases and conditions, such as heart disease, dementia, depression, and anxiety. Feeling connected to others can also improve overall mood and provide the support we need to navigate life's challenges.



This month, Wellable's themed content focuses on relationships and how to build skills to maintain and nurture social connections. Navigate to your Wellable bulletin board to explore resources on social wellness and the health benefits of staying connected. Engage in exercises designed to help you strengthen your relationship-building muscles while earning Wellable points along the way!

[Click here to register for Wellable.](#)

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.

Highmark

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

Garner Health Reimbursement

Use this link to join. Need assistance? Contact the Concierge team via the in-app chat or email concierge@getgarner.com, or call 866-761-9586.

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

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 or email hbt-support@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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