

Dear PAISBOA Health Benefit Trust Member Representatives,

The following newsletter will be sent to enrolled plan participants later today. Please let us know if you have any questions.

Thank you,

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Your Benefits Bulletin

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[Sending warm holiday wishes for good health and happiness!](#)

Healthy Holiday Cookbook

Celebrate the holiday season with delicious, nutritious recipes from our friends at the **GPBCH**. Enjoy the flavors you love while supporting your healthy eating goals!

[Click here to view *The GPBCH 2025 Healthy Holiday Cookbook*.](#)



Telemedicine

See a Doctor Online for Cold and Flu

Don't let a cold or flu ruin the season! Get same-day treatment from the comfort of your own home with Well360 Virtual Health through Highmark. With 24/7 virtual care, you can see a doctor fast whenever you need care without having to get out of

bed. Well360 Virtual Health can help you:

- See an urgent care provider wherever you're most comfortable.
- Get the right treatment for your unique cold and flu needs, including prescriptions, at-home remedies and more.
- Tell you if you're contagious!



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

To schedule a virtual health visit, download the My Highmark app or log in to your member portal at [MyHighmark.com](https://www.myhighmark.com).

Wellness Programs

This Month on Wellable

Thank you to everyone who participated in our first ever Gratitude Challenge. Congratulations to **Ryan Learn** from **Episcopal Academy**, who completed all 7 Gratitude exercises and was randomly selected as our challenge winner! We hope this challenge helped you pause, reflect, and bring more gratitude into your daily routine.



December's wellness theme is immunity. Explore the power of prevention, learn healthy habits that support your immune system, and complete immunity-focused activities to earn Wellable points throughout the month.

You may also earn Wellable points through activities such as tracking exercise, completing preventive screenings, and more! **Employees and spouses/partners enrolled in an HBT medical plan are eligible to earn up to \$50 in gift card rewards each quarter.**

[Click here to sign up for Wellable and start earning rewards!](#)

Achieve Your Health Goals with Noom

With the busy holiday season upon us, we want to encourage you to keep your health in focus. Through our new weight-loss program with Noom, you can stay on track with your goals and continue building healthy habits this season.

The Noom digital program offers 1:1 coaching, daily interactive lessons, and additional resources designed to help members achieve sustainable weight loss. Discounted GLP-1 weight loss medications may be available to those who clinically qualify through Noom's self-pay program.



The Noom Weight benefit is available at no cost to all employees enrolled in an HBT medical plan. Don't wait to take charge of your health - sign up for Noom today!

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

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

Benefit Partner Spotlight

Adoption Made Easier through Maven

As an enrolled employee of a PAISBOA HBT member school, you and your spouse/partner have access to Maven's comprehensive fertility and family forming benefits. Through Maven's dedicated Care Advocates, you can receive guidance and emotional support at every step of your adoption journey. You and your partner/spouse are eligible to receive up to \$10,000 in lifetime reimbursements, which you can use towards approved adoption expenses.



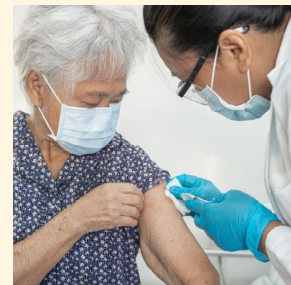
Maven also offers support for other family-forming options, making all paths to parenthood accessible for members.

[Click here to learn more about how Maven can support your adoption journey.](#)

Health Observances

National Flu Vaccination Week

The week December 2-6 brings awareness to the importance of getting the flu vaccine. We encourage you to protect yourself and those around you by getting a flu shot if you have not already done so this year.



As a PAISBOA Health Benefit Trust member enrolled in the medical plan, you are eligible to receive a flu shot at **NO COST** through a Highmark in-network provider or pharmacy.

[Click here to learn more about the flu shot.](#)

In addition to getting vaccinated, the CDC recommends practicing healthy habits to avoid the flu, such as washing your hands and cleaning high touch surfaces.

[Click here to learn more about the healthy habits the CDC recommends to help prevent the flu.](#)

Upcoming Webinars

Power of Prevention

Join Wellable's *Power of Prevention* webinar to explore simple, yet powerful ways to support your health and boost immunity. You'll learn the importance of prevention, how to incorporate hygienic habits in your routine, and practical ways to support a stronger immune system. Earn Wellable points by joining the webinar and completing a short quiz at the end!



Choose the session that works best for you:

- Tuesday, December 9th at 10:15 am
- Wednesday, December 10th at 12:15 pm
- Thursday, December 11th 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.](#)

Deals and Discounts

Enjoy exclusive savings this holiday season through Working Advantage Deals & Discounts! As a PAISBOA HBT member, you have access to a variety of special offers, including discounted fitness devices and equipment, theme parks and attractions, rental cars, and more.



Create an account today to begin experiencing savings and make the most of the season!

[Visit our website here.](#)

[Or, click here for a flyer with a QR code to join.](#)

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

member services team at [844-946-6218](tel:844-946-6218).

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](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.

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