

Your Benefits Bulletin

Volume 4, No. 8 | June 5, 2024

Medical

Stay on top of your health this summer!

Summer is the perfect time to get your annual check-up and health screenings. It's important to take preventive measures each year to stay healthy and detect any conditions early when they are easier to treat. Preventive services may indicate whether you are at risk for certain diseases and can help you and your doctor make changes to improve your health and reduce your risk. We encourage you to talk to your doctor about the services that are right for you based on your age, gender, and family medical history.



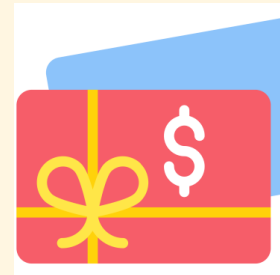
[Click here to learn about the preventive services covered through IBX at \\$0 out-of-pocket costs.](#)

Earn \$200 in Gift Cards

As a PAISBOA Health Benefit Trust member, **you can earn \$200 in gift cards** just by completing five healthy actions before October 31, 2024.

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

[Click here for details and get started today!](#)



NEW IBX Member Portal and App

Your health journey is unique, which is why IBX has redesigned the member portal and mobile app. The new digital experience offers better navigation to make sure you can find the information you need quickly, making it easier to manage your health care.

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



[Log in to your secure member account here](#) to easily access your health plan information, find resources, and get

the support you need.

Telemedicine



See a doctor, therapist, or psychiatrist online.

With Doctor On Demand® by Included Health,
you have access to high-quality virtual care.



download the app

Activate today.

doctorondemand.com

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

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.*

NEW Telemedicine Options In-network with IBX

Penn Medicine On Demand (PMOD) and Jeff Connect are now options for in-network virtual care through IBX. If you subscribe to a high-deductible health plan (HDHP), utilizing telemedicine services with the following participating providers may be a cost-effective option.



[Visit Penn Medicine On Demand here for more information.](#)

[Visit Jeff Connect here for more information.](#)

Benefit Partner Spotlight

Fertility and Family-forming Benefits with Maven

As an employee of a PAISBOA Health Benefit Trust (HBT) member school, you/your spouse/partner have access to fertility and family-forming benefits through Maven.

[Learn more about this benefit here.](#)



Access free *Maven Moments* webinars regarding top-of-mind issues related to women's and family health:

Maternity and Newborn Care Overview

June 13th at 8 pm and June 25th at 12 pm

LGBTQIA+ Mental Health While Building and Raising a Family

June 26 at 12 pm

Click [here](#) to register for an upcoming *Maven Moments* webinar or to watch archived recordings of previous webinars.



Health Observances

National Men's Health Month

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

Click [here](#) for important facts from the Men's Health Network.



National Safety Month

Accidents and injuries occur every day when proper safety protocols and procedures are not followed. During the summer months, take some time to consider safety precautions to protect you and your loved ones from sunburn, dehydration, and other health risks that are increased in the heat.

Visit the [National Safety Council](#) to review summer safety tips and resources.

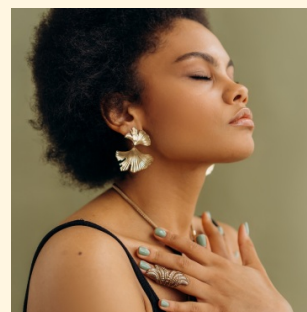


Upcoming Webinars

Live Workshop Series: Common Questions

For this month's workshop series, you will hear answers to the most common questions asked of the Wellbeing Hub coaches and learn about personal practices for how they walk the talk.

- Week 1: Somatic Movements with Camille
- Week 2: Nutrition with Natalia
- Week 3: Mindset & Behavior Change
- Week 4: Yoga & Mindfulness with Jade



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

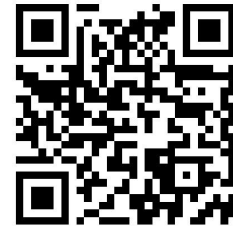
Then scroll down to "Upcoming Events" to register.

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

Visit our **NEW** website!

Explore and bookmark the new website today!

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).

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. 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](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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