

Your Benefits Bulletin

Volume 1, No. 2 | June 5, 2024



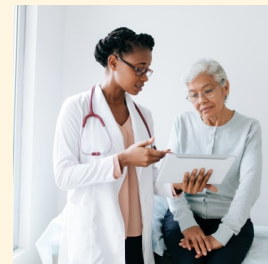
Medical



An Independent Licensee of the Blue Cross and Blue Shield Association

Stay on Top of Your Health by Scheduling Your Annual Preventive 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. As a Highmark member, you may be eligible to receive preventive benefits at little to no cost when using in-network providers.



Review the list of recommended preventive exams and screenings [here](#). We also encourage you to talk to your doctor about the services that are right for you based on your age, gender, and family medical history.

MH Mental Health Matters

Employee Assistance Program (EAP)

If your school offers Life and Disability insurance through Unum, you have access to an Employee Assistance Program (EAP) through Health Advocate.



The EAP is designed to help you with personal, family, and work issues such as:

- Stress, depression, anxiety
- Relationship issues, divorce
- Anger, grief, and loss
- Job stress, work conflicts
- Family and parenting problems
- Addiction, eating disorders, and mental illness

Click here to learn more about the services available through Unum that help support your work/life balance.

Headspace - FREE Subscription

Headspace offers free subscriptions to K-12th-grade teachers which can be used both personally and in the classroom. Less stress, better focus, and happier thoughts are just a few clicks away.

Visit <https://www.headspace.com/educators> to learn more.



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. Maven is a comprehensive program that provides personalized support for every path to parenthood, including preconception, egg freezing, fertility, adoption, and surrogacy. You/your partner/spouse are eligible to receive up to \$10,000 in lifetime reimbursements, which you can use towards approved fertility and family-forming related services, through Maven Wallet.



More information can be found below:

- [Maven flyer with QR code to join](#)
- [FAQs](#)
- [Maven Wallet Program Overview Guide](#)

If you have any questions, please direct them to Maven support at support@mavenclinic.com. Be sure to indicate that you are enrolled in healthcare benefits through the PAISBOA HBT.



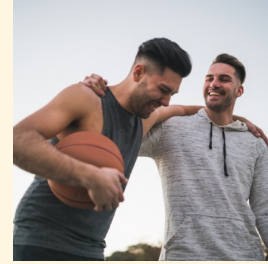
Health Observances

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](#) to learn about Men's Health 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.

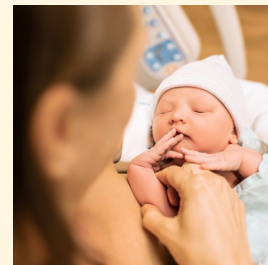
Visit the [National Safety Council](#) to review summer safety tips and resources.



Upcoming Webinars

Maven Moments: Maternity and Newborn Care Overview

Maven is here to support you and your family through pregnancy, postpartum, and those early newborn months—at no cost to you. You and your partner are invited to join an upcoming webinar to learn more about how you both can use Maven throughout every step of your journey. If you can't make it, a recording will be sent to all registrants.



Thursday, June 13 at 8 pm and Tuesday, June 25 at 12 pm

Maven Moments: LGBTQIA+ Mental Health While Building and Raising a Family

Join us for an insightful class on the topic of LGBTQIA+ mental health. Our Maven Mental Health provider will lead an enriching discussion on well-being and addressing the unique challenges within the community while building and raising a family. Registrants will receive a copy of the recording.



Wednesday, June 26 at 12 pm

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

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [1-800-345-3806](tel:1-800-345-3806).

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.

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 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.