

Your Benefits Bulletin

Volume 3, No. 10 | August 3, 2026

Make Your Benefits Work For You

Every day, educators and staff make a difference in the lives of students and strengthen their school communities. As you prepare for a new school year, remember to take care of yourself, too!

Open enrollment begins on September 1st and this is your opportunity to review your healthcare benefits and choose the coverage that best meets your needs. Be sure to attend your school's open enrollment meeting and connect with your Business Officer or Human Resources representative to learn more about the benefits your school provides through the PAISBOA Health Benefit Trust (HBT).

A little time spent reviewing your options today can help support your health and wellbeing all year long!



Watch this short video to learn more about the PAISBOA Health Benefit Trust!



Find a Top Doc with Garner and Get Reimbursed

Get high-quality care and money back on your visits.

Garner is a free benefit for members enrolled in the PAISBOA Health Benefit Trust's PPO, EPO, or High-Deductible (HD) medical plans.

Over \$35,000 has been returned to eligible employees with an average reimbursement of \$220 on their out-of-pocket medical costs!

When you see a Garner Top Provider, you get high quality care and save money at the same time. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

If you haven't already, [CREATE YOUR ACCOUNT HERE](#) and add your Top Providers to your Care Team before your appointment to ensure they're approved for your Garner benefit. When prompted, select "PAISBOA Health Benefit Trust" as your employer.

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](#).



Urgent Care, Retail Clinic, or Telemedicine, or ER?

It's important to **know where to go for care** depending on your symptoms so you can get the right treatment when you need it. Telemedicine, the doctor's office, urgent care, and the emergency room offer different levels of care, convenience, and cost. Knowing your options ahead of time can help you make the right choice when a health issue arises.



[Click here to view a flyer with guidance on where to go for care based on your symptoms.](#)



Benefit Partner Spotlight

Get Rewarded for Healthy Habits

Keep earning rewards for completing healthy activities! As we enter the final quarter of the plan year, here are a few important reminders to help you make the most of your wellness rewards program through Wellable.

To be eligible for any Q4 rewards (August 1 - October 31, 2026), participants must complete and submit the following 3 activities by October 31, 2026:

- Personal Wellness Assessment
- Annual physical
- General lab work

Wellable

Visit your Wellable Bulletin Board for instructions on how to complete and submit these activities.

These activities may be completed at any time throughout the plan year (November 1, 2025 - October 31, 2026), but they must be submitted by October 31, 2026 to qualify for any Q4 rewards. Even if you earn points through other wellness activities, rewards will not be earned unless the 3 required activities are submitted.

Rewards earned from November 1, 2025 - October 31, 2026 must be redeemed by January 1, 2027. Any unredeemed rewards remaining in your rewards wallet will expire after this date.

[Click here to log in or sign up for Wellable and earn rewards!](#)



Upcoming Webinars

Roadmap to Medicare

Are you near age 65 or approaching retirement?

HTA offers education and guidance about Medicare Services so that you feel empowered to make informed choices when transitioning your healthcare coverage.

Please join us on **Wednesday, September 2, 2026 at 4:00 PM** for a one-hour educational presentation and learn more about:

- What is Medicare?
- When and how to enroll
- Initial enrollment vs Special Enrollment and how to avoid penalties
- Enroll vs defer if not retiring at age 65
- Cost-benefit analysis; Employer Coverage vs Medicare when still working
- Plans available - Medicare Supplement, Medicare Advantage, Prescription Drug plans

If this date and time don't work with your schedule, please register anyway! Those who register for the webinar will receive the recorded version within 24 hours after the scheduled session.

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

[Register for the webinar here.](#)



Wellable Live Virtual Events

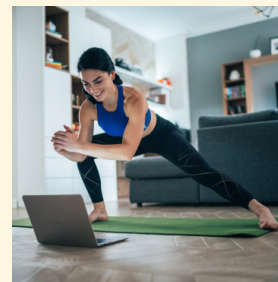
Join Wellable this August for live virtual events designed to support your physical and mental well-being. In addition to learning healthy habits, you can earn Wellable points by attending the *Talk Tuesday* webinar, with additional points available for completing a short quiz at the end. August's featured topics include:

- Talk Tuesday - **EQ In Action**
- Workout Wednesday - **Functional Mobility**
- Thrive Thursday - **Sound Bath Meditation**

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 August events flyer for full details and registration links.](#)

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



Health Observances

National Immunization Awareness

August is National Immunization Awareness month, a great time to make sure that you and your family are up to date on recommended vaccines before the school year starts. Vaccines protect you, your loved ones, and your community from preventable illnesses and help maintain your overall health and wellness.

We encourage you to take some time this month to talk to your healthcare provider about any immunizations that may be right for you based on your age, health, and lifestyle. Most preventive vaccinations are covered at no cost when you visit an in-network provider.

[Click here to view the Highmark Preventive Schedule and see which immunizations are recommended.](#)



August is Summer Sun Safety Month

A friendly reminder to keep sun safety in mind as you enjoy the last weeks of summer! Whether you're heading to the beach, the ball field, or your backyard, remember to wear sunscreen, stay hydrated, seek shade where you can, and take breaks from prolonged sun exposure.

Enjoy a fun, safe, and healthy month!

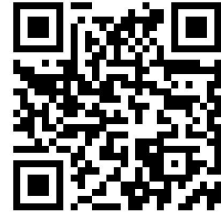
[Click here for sun safety facts from the CDC.](#)



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](tel: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](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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