

Your Benefits Bulletin

Volume 2, No. 7 | May 6, 2025



Join the Challenge!

Congratulations to Our Walking Challenge Winners - Stay Tuned for the Upcoming Summer Bike Challenge!

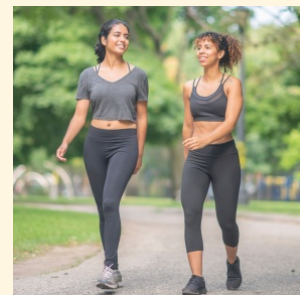
Congratulations to the 770 participants from 74 member schools who actively participated in the spring six-week walking challenge!

The three grand prize winning teams are:

- First team to the finish line - Bethany Christian School
- Most Improved - AIM Academy
- Most Participation - Villa Maria Academy Lower School

You're all winners and we encourage you to keep on moving!

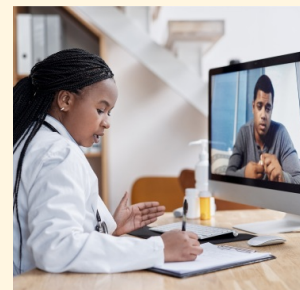
Mark your calendars and gear up for our first-ever bike challenge, happening from June 15th to July 13th! Whether you're an avid biker or just getting started, this is a great opportunity to stay active and have fun. Be on the lookout for more details and instructions to register, which will be provided in the coming weeks.



Telemedicine

Virtual Mental Health Care Through Well360 Virtual Health

Access convenient, virtual behavioral health support when and where you need it with Well360 Virtual Health. This telemedicine service offered through your Highmark medical plan allows you to connect with a behavioral health specialist or psychiatrist to help with anxiety, depression, and other mental health needs. In addition to addressing mental health



concerns, you may also connect with a board-certified doctor through Well360 Virtual Health for care on non-emergency issues such as pink eye, strep throat, and other common illnesses.

To schedule a virtual health visit, log in to your member portal at MyHighmark.com or download the app.

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

Wellness Programs

Get Rewarded for Completing Healthy Activities!

Take steps towards better health and earn incentives along the way! As a Highmark plan participant, you can earn a \$200 digital Amazon gift card by completing 4 healthy activities now through October 31, 2025.

To get started, log in to the Highmark member portal either through the app or at MyHighmark.com. Please be advised that in order to gain access to the wellness reward program, you must acknowledge the annual authorization agreement at the bottom of the home screen on your member portal.

[Click here to view a flyer on the Be Well \\$200 Rewards Program.](#)

[You may also access more detailed program instructions by viewing the guidebook here.](#)



Health Observances

Mental Health Awareness Month

Nearly 1 in 4 adults in the U.S. lives with a mental health condition, as reported by the [Centers for Disease Control and Prevention \(CDC\)](#). May is Mental Health Awareness Month – a reminder to prioritize your emotional well-being and help break the stigma around mental health.

Your Highmark medical plan offers a variety of resources to support you with your mental health needs, including access to an expansive network of mental health specialists, teletherapy sessions through Well360 Virtual Health, and Wellness Coaches to help manage stress and build resilience.

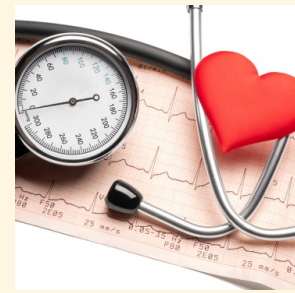
To find an in-network mental health provider, call the Highmark Concierge team at [844-946-6218](tel:844-946-6218) or visit MyHighmark.com.

Connect with a Wellness Coach today by calling [1-800-650-8442](tel:1-800-650-8442) or visit HighmarkHealthCoachBlueShield.com to learn more.



American Stroke Month

About 800,000 individuals in the U.S. experience a stroke each year, according to the **American Stroke Association**. However, about 80% of these strokes can be prevented by practicing healthy habits and getting regular preventive screenings. Many common health conditions, such as diabetes, high blood pressure, and high cholesterol can increase the chances of having a stroke, so it's important to get screened for these risk factors regularly.



Through your Highmark medical plan, you have access to preventive screenings at little to no cost when using an in-network doctor, which can help identify stroke risk factors.

[Click here to learn more about recommended preventive care.](#)

If you have prediabetes, you may qualify for Highmark's free Diabetes Prevention Program, designed to help prevent the onset of type 2 diabetes.

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

Highmark's Wellness Coaches can help you make healthy lifestyle changes, which can reduce your stroke risk factors.

Connect with a Wellness Coach today by calling **1-800-650-8442** or visit **[HighmarkHealthCoachBlueShield.com](https://www.HighmarkHealthCoachBlueShield.com)** to learn more.

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 Thursday, May 15th at 10 am or 6 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

Click the button below to register for either webinar. At registration, click the downward arrow in the date/time box to select your preferred session.

**Register for the webinar
here!**

Explore and bookmark the website today

Find information about the benefits your school provides in one user-friendly place!

myschoolbenefits.org



Resources

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.

Maven

For support, email support@mavenclinic.com. Indicate that you are enrolled in benefits through the PAISBOA Health Benefit Trust.

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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