HBTbeWell
HEALTH BENEFIT TRUST

Innovative Wellness Offerings

included in your benefits with PAISBOA Health Benefit Trust (HBT)



Telemedicine for Body & Mind

through Doctor on Demand

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand, 24/7.

If you're creating a new account, select "PAISBOA" as your employer to receive the correct co-pay. Cost-sharing is $10 for all medical, therapy, and psychiatric visits through October 31, 2027. Those on an HDHP must first satisfy their applicable deductible. Get started at **doctorondemand.com**.



Weight Loss

through Noom

Noom is a science-backed, digital program that uses psychology and behavior change to help you build healthier habits and achieve sustainable weight loss. Enrolled employees and enrolled spouses/partners in an HBT medical plan are eligible to join Noom at no cost. Enrolled employees who clinically qualify are eligible for Noom's GLP-1 Rx Program, which includes anti-obesity medications at an exclusive discount through Noom's self-pay program. Register at **myschoolbenefits.org/weight-loss-benefits**.



Mental and Behavioral Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. An IBX Mental Health/Substance Abuse Care Advocate can help you find in-network care, answer specific questions about benefits and claims, schedule appointments, and connect you to a licensed clinician for in-the-moment support if needed. To find more information about mental health resources, visit **myschoolbenefits.org/mental-health-resources**.



Wellness Rewards

through Wellable

Wellable offers a comprehensive platform of fun and engaging activities, resources, and rewards designed to support your overall health and well-being. Employees and spouses/partners enrolled in an HBT medical plan are eligible to participate in the program and earn up to $50 in gift card rewards per quarter. Learn more at **myschoolbenefits.org/wellness-rewards-program**.



Provider Navigation

through Garner Health

Through Garner Health, members enrolled in the HBT's PPO or HDHPs can get data-driven help finding the best doctors while lowering out-of-pocket medical expenses. Using Garner's search tool, easily locate in-network Top Providers—doctors proven to follow best practices, make accurate diagnoses, and deliver excellent results. When you visit a Top Provider, Garner will reimburse you for eligible out-of-pocket expenses. Learn more at **myschoolbenefits.org/garner**.

Make the most of your health plan. Visit the PAISBOA HBT member site.

Here in one user-friendly place, you'll find information and resources about all the benefits your school provides through the HBT.

myschoolbenefits.org

Be sure to check the site for wellness challenges & webinars held throughout the year!

Fitness Membership Reimbursement

Get up to $150 back on an approved fitness center or virtual fitness subscription when you complete 120 workouts. Learn more at **myschoolbenefits.org/medical-prescription-drug**

Tobacco Cessation Program Reimbursement

Get up to $150 back when you complete an approved tobacco cessation program. Learn more at **myschoolbenefits.org/medical-prescription-drug**

Nutrition Counseling

Get six free nutrition counseling visits with a participating registered dietitian, your primary care provider, or another network provider to assess your diet and set personal goals for better eating habits and weight management. Learn more at **myschoolbenefits.org/medical-prescription-drug**

Nurse Health Coaching

Access a registered nurse Health Coach who is available 24/7 to help you: address everyday health concerns, prepare for doctor visits and procedures, better understand a diagnosis and treatment plan, manage a chronic condition, and more. Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Nurse Health Coach.

Fertility & Family-Forming

through Maven

Get personalized support and financial assistance throughout your journey to parenthood, including 24/7 virtual access to top-rated providers, a dedicated Care Advocate, on-demand content & virtual classes, and $10,000 on eligible expenses. Download the Maven Clinic app at **myschoolbenefits.org/fertility-family-forming-benefits**

Featured Provider: Husk Virtual Nutrition

Not sure where to go for your six free nutrition counseling sessions? Try Husk Virtual Nutrition! Connect one-on-one with a registered dietitian to establish health goals, develop a nutrition plan, access a resource library & more. Learn more at **www.myschoolbenefits.org/medical-prescription-drug** or register at **register.nutrition**. **huskwellness.com/register**.

Weight Management Program Reimbursement

Get up to $150 back when you participate in an approved weight management program. Learn more at **myschoolbenefits.org/medical-prescription-drug**

Savings on Fitness, Nutrition & Wellness

through Husk Marketplace

Get exclusive deals and discounts on gyms and fitness centers, fitness equipment, wearable technology, and more! Learn more at **myschoolbenefits.org/medical-prescription-drug**

For important details about your plan, help accessing your benefits, and tips and tools to maximize your well-being, please visit **myschoolbenefits.org**.

Or contact the Benefits Member Advocacy Center at **888-984-1186** **hbtsupport@connerstrong.com**.

PAISBOA
Health Benefit Trust

301 Iven Ave, Ste 315,
Wayne, PA 19087
484.580.8844
www.phbtrust.org

Rev. 10/2026