

Your Benefits Bulletin

Volume 2, No. 4 | February 4, 2025



This Month...

Love Yourself This Month by Prioritizing Preventive Care!

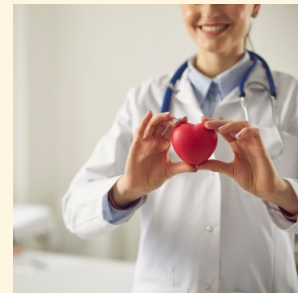
Be your own Valentine this month and show yourself some love by prioritizing your well-being! One of the best ways to maintain your health is by keeping up with your recommended preventive care exams and screenings.

The PAISBOA Health Benefit Trust (HBT) has launched a fun challenge to highlight the importance of preventive care. To join the challenge and be entered into a random drawing to win a set of AirPods, complete the following activities by **February 18**:

1. **Review and attest to your commitment to following the [Preventive Health Guidelines](#) to the best of your ability. The attestation form may be accessed [HERE](#). Be sure to include your email address if you would like to be entered into the raffle.**
2. **Complete the [Preventive Care Crossword Puzzle](#).**

Treat yourself this Valentine's Day by committing to preventive care!

Click [here](#) to access the Preventive Health Guidelines and crossword puzzle, along with more wellness-related content on our website.



Your Opinion Matters: Complete Our Mental Health Survey

If you haven't already responded to our anonymous mental health survey, we kindly request your feedback! Providing access to high quality mental health resources continues to be a top priority for the PAISBOA HBT. Your responses to our

survey will help us better understand your needs and shape the healthcare benefits we provide. Help us help you!

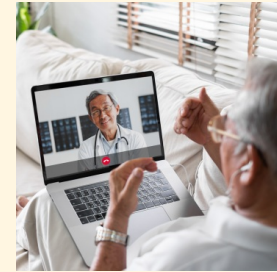
[Click here to complete the survey by February 6th.](#)



Telemedicine

Access Cold and Flu Care from Anywhere This Winter

With Well360 Virtual Health through Highmark, you can access care for cold and flu symptoms without leaving your home. Telemedicine offers a convenient option to get care without long wait times or travel. Meet with a board-certified physician virtually to get treated for a variety of non-emergent symptoms and conditions, such as the common cold, stomach flu, behavioral health support, and more!



Stay warm and safe this winter and take advantage of the benefits offered through Well360 Virtual Health.

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.](#)

Benefit Partner Spotlight

Preconception Support and Family-forming Benefits Through Maven

As an employee of a PAISBOA HBT member school enrolled in the medical plan, you and your spouse/partner have access to fertility and family-forming benefits through Maven. Starting a family is an exciting experience and Maven can provide expert support and guidance throughout your journey. Through clinically based coaching and fertility education, Maven offers preconception care for those looking to conceive.



[Click here to learn more about Maven's preconception support.](#)

Maven regularly offers free webinars on important topics related to women's and family health. To access previous recordings or register for an upcoming webinar, click [here](#).

Health Observances

February is National Cancer Prevention Month

According to the [American Cancer Society](#), 1 in 3 people in the United States will receive a cancer diagnosis at some point in their lifetime. There are many possible causes of cancer, including lifestyle habits, genetics, and environmental factors, but there is no guaranteed way to prevent the disease. You can lower your risk of cancer by staying active, maintaining a healthy diet, and avoiding tobacco.



Your medical benefits administered by Highmark include coverage for preventive cancer screenings. We encourage you to talk to your doctor today about your recommended cancer screenings, as early detection of the disease can increase the chance of successful treatment.

[Click here to view a complete list of preventive care services, including recommended cancer screenings.](#)

American Heart Month and Wear Red Day

Heart disease continues to be the leading cause of death in the United State according to the [American Heart Association](#). To help raise awareness and promote education on heart health, you are encouraged to wear red on February 7th – National Wear Red Day.



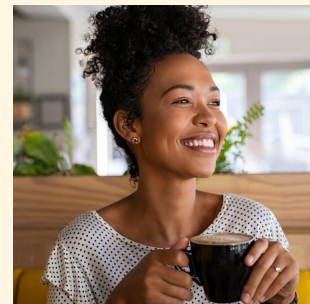
[Click here for more information from the American Heart Association on how you can prevent heart disease.](#)



Upcoming Webinars

Power of the Positive: Cultivating Optimism

Optimism is all about perspective. Just when things seem to be going wrong or you feel like you're failing, a shift in perspective can bring clarity and light. This webinar will explore the definition of optimism and introduce practical ways to cultivate it, helping you maintain a positive approach to daily life.



The session will be facilitated by [Karen Beaudoin](#), MSW, of Health Advocate EAP.

**Power of the Postive: Cultivating Optimism
Wednesday, February 5th at 4 pm**

If you can't attend at 4:00 pm, please register anyway! The webinar will be recorded and emailed to those who register.

[Click here and register for the webinar today!](#)

Considering Retirement?

Start planning for your future today with helpful resources and guidance. The PAISBOA Association is hosting aFREE program to the employees of our member schools designed to help

individuals effectively plan for retirement.

Retirement Planning Session
Thursday, February 6th at 5 pm

[Click here for the list of presenters and topics.](#)

[Click here to register to attend the session.](#)



[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

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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