

Your Benefits Bulletin

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Medical

Be Proactive with Colorectal Cancer Screening

Did you know that colorectal cancer is the third most serious type of cancer for both men and women? Early detection saves lives! Most colorectal screenings are considered a preventive service and covered at \$0 cost share.

As part of our ongoing *2025 Mind the Gap – Get Preventive Care Campaign*, we're excited to announce a new partnership with Labcorp to offer **free** ColoFit kits to eligible members. If you haven't completed your colorectal screening within the recommended preventive schedule, you may qualify to receive a kit at no cost. A ColoFit kit is a convenient, at-home test that checks for hidden blood in your stool—an early indicator of potential colorectal issues, such as cancer.

Stay tuned, as eligible members will receive more information soon about how to take advantage of this opportunity.



Earn a \$200 Amazon E-Gift Card!

As a PAISBOA Health Benefit Trust member, you can earn a \$200 Amazon e-gift card by completing four healthy activities before October 31, 2025! Now is the perfect time to complete these healthy actions.

If you've visited your doctor for your annual exam, you're well on your way to earning your reward! If you have not yet had your annual exam, be sure to schedule an appointment asap.

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.





Join the Challenge!

Keep Pedaling -- Summer Biking Challenge Continues through July 13

There is still time to join the Summer Biking Challenge! You don't need to be an avid biker to participate – all are welcome. Whether you cycle outdoors or use a stationary bike, you can participate in the way that is most convenient for you. By riding 200 miles over the course of this challenge, you'll cycle virtually across the Appalachian Trail stopping at scenic landmarks along the way!



How to Log Your Rides

Track your rides by syncing your fitness device or manually log your miles in the portal.

Click here for step by step instructions to sync your iPhone or Apple Watch. You may follow these same instructions to sync other types of fitness trackers – just select the appropriate device name from the menu. Participants may manually log their miles by selecting “manual entry” when logged in to the portal.

Ride for a Chance to Win a Prize

While you'll be prompted to enter your school name when registering, this is an individual challenge and your rides are based on your personal performance. Weekly winners* will be recognized throughout the challenge for their progress and grand prizes will be awarded at the end to the top achievers. Keep pedaling forward for a chance to win!

**Please note, weekly winners are eligible to win a prize once throughout the course of the challenge, but still remain eligible for a final prize.*

Registration remains open throughout the challenge.

Click here to join!

You may click here to visit myschoolbenefits.org for more information and details.



Health Observances

July is National UV Safety Month

Summer is the perfect time to get outdoors and soak up the sunshine. However, it's important to remember that prolonged exposure to ultraviolet (UV) rays can lead to serious health risks.

According to the **Skin Cancer Foundation**, skin cancer is the most common form of cancer in the United States. In fact, experiencing five or more sunburns doubles your risk of developing melanoma, which is the deadliest form of skin



cancer. Protecting yourself is simple and effective. Use sunscreen, wear protective clothing, seek shade during peak sun hours, and limit direct sun exposure.

Our friends at the **GPBCH** have compiled some great resources to help you stay safe.

[Click here to learn more and protect your skin.](#)



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, September 4, 2025 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.



Register for the webinar here!

Exclusive Deals and Discounts

As an employee of a PAISBOA Health Benefit Trust member school, you have access to an exclusive employee perks program. Create an account today to experience money-savings offers, including discounted movie and amusement park tickets, rental and hotels; as well as amazing product and service deals.

[Visit our website here to learn more!](#)

[Click here for July's hottest summer deals!](#)



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.



Try email marketing for free today!