

Your Benefits Bulletin

Volume 2, No. 6 | April 3, 2025

Spring Into Well-being with Preventive Care!

Spring is a time for renewal and just as flowers need care to thrive, so do you! Now is the time to prioritize your health by getting the recommended preventive exams, screenings, and immunizations this season. Staying on track with your recommended preventive care is essential to detect any potential issues early, before they become severe. Take a proactive approach to your health this Spring and talk to your doctor about what exams, screenings, and immunizations are right for you based on your age, family history, and other risk factors.



[Click here for a summary of preventive screenings for adults.](#)



Upcoming Webinars

All About Antioxidants & Cancer Prevention

Join us for an informative webinar where we'll explore:

- The basics of cancer and its risk factors
- The role of antioxidants in disease prevention
- Top fruits and vegetables to incorporate into your diet for optimal health

We'll break down how antioxidants work and highlight key foods to help maximize your well-being. The session will be facilitated by Debbie James, Registered Dietician, of Wellness Concepts.

**All About Antioxidants & Cancer Prevention
Tuesday, April 8th 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.

[A flyer about the webinar may be found here.](#)

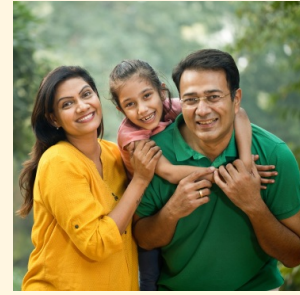
[Click here for a great resource about how antioxidants work and a list of foods to start adding to your diet.](#)



Register for the webinar
here!

Maven Moments - Reducing Stress and Anxiety for You and Your Family

Join us for a live event led by a Maven Mental Health provider. This session will cover simple ways to manage stress in everyday life. Whether it's handling responsibilities, tough emotions, or supporting each other, we'll talk about how to create a calm and supportive home for you and your family. Learn easy tips to feel better and help everyone in your family stay strong and stress-free.



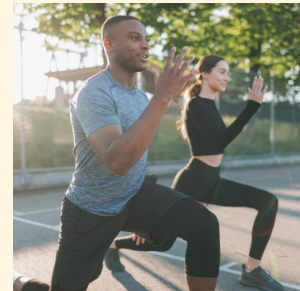
Tuesday, May 6th at 12 pm

Click here to register for an upcoming Maven Moments webinar or to watch archived recordings of previous webinars.

Wellness Programs

Get Personalized Support for Your Health Journey from Highmark Wellness Coaches

Having the right support can make reaching your health and well-being goals easier. Through your Highmark medical plan, you have access to free, personalized health coaching. Whether you want to improve your diet, lose weight, reduce stress, or sleep better, Highmark Wellness Coaches can provide guidance tailored to your personal needs. Take charge of your well-being journey by connecting with a Wellness Coach!



Click here for a flyer with details.

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

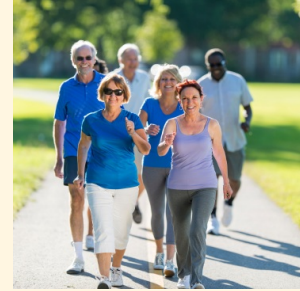
Join the Challenge!

Spring Walking Challenge: March 20 – April 30

It's not too late to join the six-week "Building Healthy Habits" Walking Challenge! Join the team at your school to get active, show your school spirit, reduce stress, and boost your overall health. By taking 7,500 steps each day, you'll travel virtually across the U.S. while learning valuable tips to create habits that will help you live a happier, healthier life!

How to enter your steps/activity

You don't have to be an avid walker or runner to participate. Any physical activity you do – whether it's yoga, swimming, or dancing – can be converted into steps. Sync your device by downloading the app or by manually entering your daily steps on the portal.



Complete weekly challenges for a chance to win

You can win prizes for completing individual weekly challenges which will be highlighted in the portal

Three chances to win a grand prize

Member schools will compete as a team* and have three chances to win a grand prize!

1. The team to cross the finish line first
2. The most improved team
3. The team with the most participation

*Teams must be comprised of more than 5 individuals to be eligible for the grand prize.

Registration is open throughout the challenge but get a head start by registering before the challenge opens on March 20th!

You must create a new account even if you have participated in past walking challenges.

Click here for a **FLYER** and **FAQ document**.

Register here today!

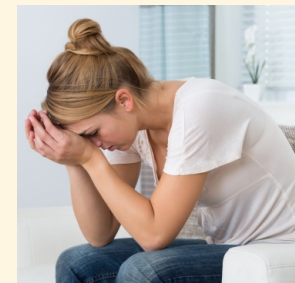
Or visit myschoolbenefits.org for details and to register.



Health Observances

Stress Awareness Month

April is National Stress Awareness Month, highlighting the impact of stress on our mental and physical well-being. Managing stress effectively is a crucial part of a healthy, balanced lifestyle and can help prevent and minimize health issues.



Understanding the signs of stress, building resilience, and knowing where to seek help are essential steps to managing stress.

What Can You Do?

- Identify Stressors: Recognize what causes stress in your life and learn healthy coping strategies.
- Practice Mindfulness: Techniques like deep breathing, meditation, and journaling can reduce stress.
- Seek Support: Don't hesitate to reach out for help when needed.

Visit the links below for more information and helpful tools:

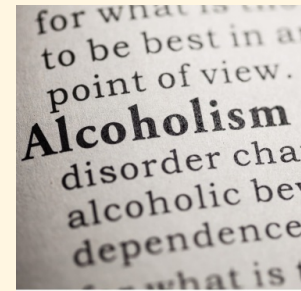
CDC Managing Stress Tips: <https://www.cdc.gov/mental-health/living-with/>

Taking care of your mental health is an important step toward a healthier, more balanced life!

To find a provider or other mental health care resources available to you, call the Highmark Concierge team at **844-946-6218**.

Alcohol Awareness Month

April marks National Alcohol Awareness Month, a campaign by the **National Council on Alcoholism and Drug Dependence (NCADD)** to raise awareness about the dangers of alcoholism and alcohol misuse. It helps reduce the stigma surrounding alcoholism and substance abuse and encourages open conversations about the disorder. Many individuals struggling with alcohol use disorder may underestimate the impact of their drinking or overestimate their control over it. Denial can affect family members and friends of those who struggle who often find it difficult to confront the reality of their situation.



What Can You Do?

- **Get Informed:** Learn about the signs of alcohol use disorder and the importance of seeking help.
- **Reduce Stigma:** Recognize alcoholism as a disease and speak openly about alcohol use and recovery.
- **Encourage Support:** Direct individuals to helpful resources and support services.

Please Drink Responsibly! Explore the following resources for more information:

<https://alcohol.org/alcoholism/>
<https://www.samhsa.gov/substance-use/learn>

Let's prioritize education, support, and responsible choices this Alcohol Awareness Month!

To be directed to appropriate, in-network care, call the Highmark Concierge team at **844-946-6218**.

Explore and bookmark the website today

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

myschoolbenefits.org



Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at **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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