

# Your Benefits Bulletin

Volume 4, No. 1 | November 6, 2023

The new plan year started on November 1st and in this month's newsletter, we're pleased to highlight **NEW** benefits that are included in your healthcare coverage through the PAISBOA Health Benefit Trust.

*May gratitude be your attitude during this season of thanksgiving!*

## **NEW** -- Fertility and Family-forming Benefits with Maven

We're proud to partner with Maven to provide a digital health platform that provides personalized support for every path to parenthood. You and your spouse/partner will have access to up to \$10,000 in reimbursements on eligible expenses for expanded fertility services, adoption, and surrogacy through Maven Wallet. More information can be found below:



- **Maven flyer with QR code to join**
- **FAQs**
- **Maven Wallet Program Overview Guide**

If you have any questions, please direct them to Maven support at [support@mavenclinic.com](mailto:support@mavenclinic.com). Be sure to indicate that you are enrolled in healthcare benefits through the PAISBOA HBT.

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## **Medical**

### Want a digital copy of your IBX Member ID Card?

Visit the microsite at [ibx.com/paisboa](https://ibx.com/paisboa) and log in to your personal member portal.

Or simply download the free mobile app to your **iPhone** or



**Android.** Log in with the same username and password as your member account.

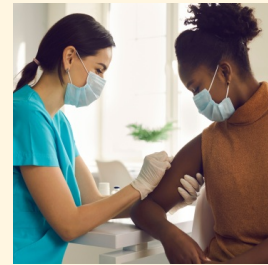
## Flu and COVID-19 Vaccines

The best way to protect yourself against the seasonal flu is by getting vaccinated each year. As a reminder, all PAISBOA Health Benefit Trust enrolled members are eligible to receive a flu shot at NO COST.

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

COVID-19 vaccines are another critical tool to help reduce the risk of severe illness, hospitalization, and death. Our enrolled members have access to the **FDA-approved vaccines**, and these updated COVID-19 vaccines are covered at NO COST through an IBX in-network provider or pharmacy.

Beginning September 25, 2023, every U.S. household can place an order to receive four more FREE COVID-19 rapid tests. [Visit COVID.gov.](#)



## NEW --TruHearing

Hearing well is essential to your overall health and well-being. If you think you may be experiencing hearing loss, don't wait to get quality care. You have access to TruHearing for an easy and affordable way to help you hear better. With TruHearing, you and your enrolled family members are covered for exams and discounts on hearing aids and hardware.

Call TruHearing today and a dedicated Hearing Consultant can answer your questions, explain your coverage, and schedule an appointment with a TruHearing provider near you. Call **1-888-933-7861 (TTY: 711)**

[Click here for more details.](#)



## **MH** Mental Health Matters

### Headspace - FREE subscription

**Headspace** offers free subscriptions to K-12th-grade teachers which can be used both personally and in the classroom. Less stress, better focus, and happier thoughts are just a few clicks away.

Visit <https://www.headspace.com/educators>



## Health Observances

## November is American Diabetes Month

According to the **Centers for Disease Control and Prevention (CDC)**, over 37 million people in the U.S. have diabetes and about 1 in 5 of those remain undiagnosed. Diabetes is the 8th leading cause of death in the U.S. and in the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.



### What can you do?

It's important to know your numbers! Visit your doctor and complete your annual lab work to monitor your glucose and overall health.

If you do have a diagnosis, you can better manage your diabetes through the **Livongo** program, which is available at \$0 cost to you. Once you're enrolled, you'll get an advanced blood glucose meter, unlimited strips and lancets, and one-on-one coaching.

[Click here to learn more.](#)

## Lung Cancer Awareness Month

Lung cancer is the leading cause of cancer death among both men and women in the United States, **according to the CDC**. Cigarette smoking is the number one risk factor for lung cancer.



If you still smoke, consider joining the **Great American Smokeout on November 16th** and begin your journey toward a smoke-free life. You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk.

[Click here to learn how you can get reimbursed \\$150 when you complete a tobacco cessation program.](#)

## Are you near age 65 or approaching retirement?

HTA Insurance Services offers education and guidance about Medicare services so that you feel empowered to make informed choices when transitioning your healthcare coverage. They will provide a phone consultation at no cost, followed by a summary outlining a specific action plan based on your health needs and personal situation. **Employees who are 65 or older and are still working full-time may remain enrolled in their school-sponsored benefit plan or may enroll in Medicare.**



Medicare's open enrollment period ends on December 7th.

[Click here to learn more.](#)



## Resources

### **Independence Blue Cross**

View medical and Rx benefits, claims, ID card, and more. Questions? Call the Champion team at [1-833-444-BLUE \(2583\)](tel:1-833-444-BLUE).

### **IBC Benefit Flyers**

Use this link to access flyers for our many benefits.

### **\$200 Achieve Well-being Annual Award**

Find instructions to get your \$200 after logging into your personal portal, on the Health & Well-being Tab / Earn Rewards.

### **Wellbeing Hub**

On-demand resources for mental, emotional, and physical well-being.

### **TruHearing**

Call [1-888-933-7861](tel:1-888-933-7861) (TTY:711) to speak with a Hearing Consultant who will answer your questions, explain coverage, and schedule an appointment with a TruHearing provider.

### **Doctor on Demand Telemedicine**

To join, enter “PAISBOA” as your employer.

### **VBA Vision Benefits**

View benefits summary, claims, and print ID card.

### **Maven Fertility and Family-forming Benefits**

For support, email [support@mavenclinic.com](mailto:support@mavenclinic.com). Indicate you are enrolled in benefits through the PAISBOA HBT.

### **Delta Dental**

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 Insurance 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 [hbtssupport@connerstrong.com](mailto:hbtssupport@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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