



Your Benefits Bulletin

Volume 3, No. 3 | January 6, 2026

**Happy New Year! Wishing you a wonderful 2026
filled with happiness, prosperity, and good health.**



New Year, Healthier You

As you set goals for the new year, don't forget to prioritize your preventive care! Routine screenings, annual exams, and recommended immunizations can help catch potential issues early and are an important ways to protect your long-term health.

Many preventive services are covered under your Highmark plan at **no cost** to you when you see an in-network provider. Take proactive steps toward a healthier you by making preventive care part of your goals for the New Year!



Visit myschoolbenefits.org for information about preventive screenings and quick access to resources that may help make this your healthiest year yet!

Nutrition Counseling at \$0

As part of your medical plan, you are eligible for unlimited **FREE** nutrition counseling visits through Highmark's Wellness Coaches.

The new year is the perfect time to connect with a registered dietitian who can help you take a closer look at your nutrition, set realistic goals, and create a plan to support your overall health and wellness.



Visit HighmarkHealthCoachBlueShield.com to get connected with a coach.

[Click here to learn more about Wellness Coaching through Highmark.](#)



Join the Challenge!

Nutrition Ambition -- Join for a Chance to Win AirPods!

A balanced diet is important to support your energy, focus, and overall well-being. This January, join the *Nutrition Ambition Challenge* through Wellable and discover practical ways to make nutritious choices while building healthy eating habits that last.



Earn Wellable points by tracking your daily healthy eating habits and submitting a photo of a nutritious dish you prepared. [For each healthy eating habit you track, you'll receive a raffle entry to win a set of AirPods!](#)

To participate in the challenge, log in to your Wellable account and navigate to the *Nutrition Ambition Challenge* section on the Bulletin Board.

[View the flyer here to learn more details about the challenge.](#)

[Click here to sign up for Wellable and start earning rewards!](#)



Health Observances

January is Cervical Health Awareness Month

Did you know that more than 13,000 women in the U.S. are diagnosed with cervical cancer each year? The good news is that this type of cancer is highly preventable and treatable when caught early.



Regular pap smears and HPV screenings help detect changes before they become serious. Since HPV causes more than 99% of cervical cancers, getting vaccinated makes a big difference in reducing risk.

Your medical benefits include coverage for cervical health screening and **preventive care** so be sure to schedule your routine exam!

[Learn more by about how to protect yourself against cervical cancer by visiting the NCCC website here.](#)

Glaucoma Awareness Month

January is also a great time to focus on your eye health. Glaucoma is a leading cause of permanent vision loss, affecting more than 3 million Americans, according to the **Glaucoma Research Foundation**. It damages the optic nerve and can develop without noticeable symptoms, so regular eye exams are the key to catching it early.



Although there is no cure yet, there are treatments that help manage the condition and protect your vision. As an enrolled member of an HBT medical plan, you have access to comprehensive vision benefits through VBA. No membership card is needed; simply notify your provider that you have VBA coverage at the time of our appointment.

Visit vbaplans.com to create an account, find an in-network provider, and learn more about your benefits.

Click here to view your VBA benefit plan summary on our website.



Upcoming Webinars

Wellable Live Virtual Events

Join Wellable this January for live virtual events designed to support your physical and mental well-being. In addition to learning healthy habits, you can earn Wellable points by attending the live events, with the opportunity to earn extra points by completing a short quiz at the end of the *Talk Tuesday* webinar. January's featured topics include:



- Talk Tuesday - **Fitness Trends Unveiled**
- Workout Wednesday - **Restorative Yoga**
- Thrive Thursday - **Breathwork Basics**

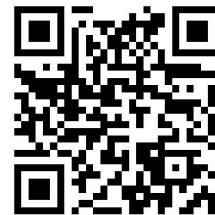
Registration can be completed through the *Events* tab once logged in to your Wellable user account. Can't make it to a live session? A recording will be posted 72 hours after the final webinar under the *Events* tab in your Wellable user account.

Click here to view the January events flyer for full details and registration links.

Explore and bookmark the website today

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

myschoolbenefits.org



Resources

myschoolbenefits.org

Find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust in one user-friendly place.

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.

Noom

Visit our website to join. For support, email partnersupport@noom.com.

Wellable

Use this link to join. Email support@wellable.co with questions regarding the wellness rewards program.

Maven Fertility and Family-forming Benefits

Use this link to join. For support, email support@mavenclinic.com. Indicate you are enrolled in benefits through the PAISBOA HBT.

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** or email hbstsupport@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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