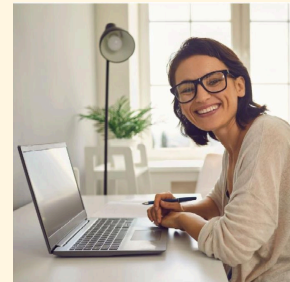


Your Benefits Bulletin

Volume 3, No. 12 | October 2, 2026

Share Your Feedback and Win \$25

As we look ahead to the new plan year, we'd like to hear about your experience with the healthcare benefits your school provides through the PAISBOA Health Benefit Trust. Your feedback helps us understand what's working well and identify opportunities to improve while continuing to provide high-quality, cost-effective coverage.



If you have not done so already, **please take 10-15 minutes to complete our satisfaction survey by October 6, 2026.**

[Take the survey here!](#)

As a thank you, you'll have the option to enter a random drawing for one of 20 \$25 Amazon e-gift cards by providing your email address at the end of the survey.

Your voice counts and we're listening!



Medical

Get to Know Your Garner Benefit

Not sure how Garner works or how it can benefit you? If you're enrolled in the PAISBOA HBT's PPO, High-deductible, or EPO plan, join us to learn how Garner can help you find quality care and get reimbursed for eligible out-of-pocket medical expenses.



**Garner Education Session
October 7th at 3 pm**

The session will be recorded and shared with those who register.

[Click here to register!](#)

When you see a Garner Top Provider, you get high quality care and save money. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

If you haven't already, [CREATE YOUR ACCOUNT HERE](#) and add your Top Providers to your Care Team before your appointment to ensure they're approved for your Garner benefit. When prompted, select "PAISBOA Health Benefit Trust" as your employer.

For easier account management, download the Garner Health app from the [Apple App Store](#) or [Google Play Store](#).

For more details on how to use your benefit, visit our [website here](#) and/or check out your [Garner Guide](#).

Here from a fellow member:

"We've been very pleased with Garner. We were happy to find that our children's pediatricians are Garner-approved doctors; doctors we already knew and trusted. The added benefit? Receiving several checks after appointments to help reimburse us toward our deductible! The app makes it easy to add your care team, and once an approved doctor is added, there's nothing else you need to do." - Pam, Enrolled Employee



Benefit Partner Spotlight

Last Chance to Earn Your Q4 Wellness Rewards!

Wellable

There's still time to earn your wellness rewards! To be eligible for **any** rewards in the 4th quarter (August 1, 2026 - October 31, 2026), members must complete their Personal Wellness Assessment, general lab work, and annual physical exam. You may complete these activities at any time during the plan year, but they must be submitted to Wellable by October 31, 2026 to be eligible for 4th quarter rewards.

[Click here to view instructions on how to complete these required activities.](#)

Join Wellable this October 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 *Talk Tuesday* webinar, with additional points available for completing a short quiz at the end. September's featured topics include:

- Talk Tuesday - **Productivity 101**
- Workout Wednesday - **Slow Flow Yoga**
- Thrive Thursday - **Vocal Activation Breathwork**

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 October events flyer for full details and registration links.](#)

[Haven't signed up for Wellable yet? Register here!](#)

Discover the Noom Vitality Playbook

NOOM

Building better health can start with one consistent choice at a time. The Noom Vitality Playbook is a new, free resource available to everyone, whether or not you're enrolled in Noom. Each "play" or exercise offers a science-backed, practical strategy for supporting your healthspan. You'll also find real stories and results from Noom members who have implemented small, manageable lifestyle changes to improve their health. Whether you're interested in building your healthspan, managing your weight or nutrition, or improving your overall well-being, The Noom Vitality Playbook is a great place to start.

[Access the Noom Vitality Playbook here!](#)

[To view a flyer with more details, click here.](#)



Health Observances

Breast Cancer Awareness Month

October is **Breast Cancer Awareness Month**, a time to raise awareness, support those affected by breast cancer, remember those we've lost, and celebrate survivors.

According to the **National Breast Cancer Foundation**, 1 in 8 women, or approximately 13% in the U.S., will be diagnosed with breast cancer in her lifetime. While this statistic is sobering, early detection can make a significant difference in treatment and outcomes.

Knowing the signs and symptoms, understanding your family history and personal risk, and following recommended breast cancer screening guidelines can help with early detection.

[Click here to learn more about breast cancer, including comprehensive resources from the National Breast Cancer Foundation.](#)

[Click here for a flyer from Highmark about this important preventive screening.](#)



National Depression & Mental Health Screening Month

According to the **Center for Disease Control and Prevention (CDC)**, 23% or nearly 1 in 5 adults in the U.S. live with a mental illness condition. Stress, anxiety, depression, and other mental health concerns can affect anyone and recognizing when you may need support is an important part of taking care of your overall health.



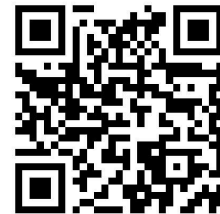
October is National Depression and Mental Health Screening Month and October 10th is also **World Mental Health Day**, a reminder that mental health deserves the same attention as physical health. Whether you're looking for support for yourself or someone you care about, reaching out can be an important first step.

To find an in-network mental health provider or to schedule a Well360 Virtual Health visit, log in to the Highmark member portal or call **844-946-6218**.

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 Premier Member Service team at **844-946-6218**.

Garner Health Reimbursement

Use this link to join. Need assistance? Contact the Concierge team via the in-app chat or email concierge@getgarner.com, or call **866-761-9586**.

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.

HTA Services

For Medicare information and enrollment assistance.

Member Advocacy Center (MAC)

Call Conner, Strong & Buckelew at **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.

PAISBOA Health Benefit Trust | 301 Iven Avenue Suite 315 | Wayne, PA 19087 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!