

Your Benefits Bulletin

Volume 4, No. 4 | January 31, 2024

Real Love Begins with YOU!

Be your own Valentine this month and take care of your heart and mind! Take time to do things that will help you live your best life and improve your physical, emotional, and mental health.



[Click here for a one-page summary of innovative wellness offerings that are included in your benefits with the PAISBOA Health Benefit Trust \(HBT\)!](#)



Telemedicine

Get Cold and Flu Care from the Comfort of Home

See a doctor for cold and flu symptoms without getting out of bed. With **Doctor On Demand** by Included Health, you have 24/7 access to virtual care from anywhere.

Doctor On Demand can help you:

- Order prescriptions to the closest pharmacy.
- Manage your symptoms to feel better faster.
- Tell you if you're contagious and when you're not.
- See a doctor whenever, wherever you need care.
- And more!

[Click here to create an account and enter "PAISBOA" as your employer.](#)

Cost-sharing for all medical, therapy, and psychiatric visits with Doctor On Demand is \$10* through October 31, 2024.

**Participants on the HDHP must first satisfy their applicable deductible.*



MH Mental Health Matters

Find the Right Mental Health Care with Quartet

Quartet is a *NEW* benefit that will expand and expedite access to care by connecting you with the mental health care that fits your needs and preferences. That includes matching you with a provider who is in the IBX network.

Get started with Quartet at quartethealth.com/ibx or by calling **215-839-9906**.

To learn more about Quartet, [click here](#).

[Click here for a one-page summary of the mental health care resources available to PAISBOA HBT plan participants.](#)



Medical

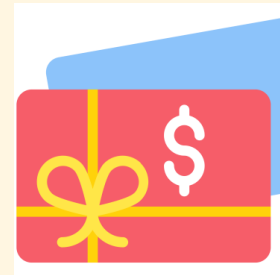
Earn \$200 in Gift Card Rewards

Many of you earned \$200 in gift cards during the last plan year and now it's time to restart, or begin, your journey to wellness!

As a PAISBOA HBT member, you (*and your enrolled spouse/partner*) can earn \$200 in gift cards by completing five healthy actions before October 31, 2024!

[Click here for a flyer with details.](#)

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx, VISA, and more!



Join the Challenge!

Play Wellness Bingo and Win!

Does your heart beat for a good challenge? Join this fun game of bingo from February 1 - February 29 by completing simple activities that focus on your health and well-being. You'll have the chance to win a prize you'll love!

Complete any five (5) activities in a row on the board to earn Bingo for a chance to win one of four \$25 gift cards or complete the entire board to earn a chance to win one of two \$100 gift cards for Super Bingo!

Once you're logged in to the **Wellbeing Hub**, select the first image on the home page carousel or select the navigation menu icon > Wellness Bingo Challenge in the top right corner. Submit your bingo squares by scrolling down to the bottom of the challenge page on your Hub, or by scanning the QR code on the bingo board.



Create an account or log in to the Wellbeing Hub [HERE](#) to play!



Upcoming Webinars

Live Workshop: *Our Relationship with Ourselves* February 27th at 12 pm

The most important relationship we have is the one we have with ourselves. Join us for this month's Global Workshop, and take a deep dive into the various ways you relate to yourself. Join us where we will design our ideal relationship and create action steps to live into it.



Create an account or log in to the Wellbeing Hub [HERE](#). Then scroll down to "Upcoming Events" to register.

All workshops are recorded and can be accessed on demand at any time.



Health Observances

National Cancer Prevention Month

According to the [American Association for Cancer Research](#), more than 40% of all cancers diagnosed and nearly half of all deaths from cancer in the United States can be attributed to preventable causes – like smoking, excess body weight, physical inactivity, and excessive exposure to the sun.

The CDC has put together several recommended resources highlighting ways in which you can help reduce your risk of cancer or find it early.

[Click here and learn more about their recommended screening tests, vaccines, and healthy choices.](#)



American Heart Month

According to the [Centers for Disease Control & Prevention \(CDC\)](#), heart disease remains the leading cause of death in the United States. Our friends at the [Greater Philadelphia Business Coalition on Health \(GBPCH\)](#) have compiled a resource page that provides education on heart health. This information is made free by the American Heart Association.

[Click here for a flyer with more information and resources.](#)

Notices

As your healthcare coverage provider, we are sharing a link to the *Wrap-Around Plan Document and Summary Plan Description (SPD)* for the plan year beginning 11/1/2022 to 10/31/2023 (which is the last plan year). This material is updated annually to meet compliance requirements. Please consult with your human resources administrator or school business officer for the Component Documents referenced in the SPD.

We are also providing a notice to inform you about the *No Surprise Billing Act* which became effective in 2023.

[Wrap Around Summary Plan Document & Summary Plan Description \(SPD\)](#)

[No Surprise Billing Act Notice](#)

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).

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 (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. 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 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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