

Your Benefits Bulletin

Volume 4, No. 3 | January 3, 2024

Happy New Year! We wish you good health and prosperity in 2024.

The new year brings a new look for the PAISBOA Health Benefit Trust (HBT) and we're proud to reveal our *NEW* logo in this month's newsletter. The modern design of our brand refresh reflects the "power of the flock," as our 150+ member schools, colleges, and universities enjoy exceptional savings, stability, and innovative programming through collaboration and scale.



Old logo



New logo

We remain committed to our vision of providing benefit programs that promote the improved health and well-being of our membership!

[Click here to watch a short video and learn more about the PAISBOA HBT .](#)

Survey Says...

Thank you to those of you who responded to the member satisfaction survey back in October. Feedback about your healthcare benefits is important and helps drive our programming. We're pleased to share some highlights from the responses below:

We asked, "How satisfied are you with your coverage?"

- 89% are very satisfied/somewhat satisfied with their [IBX medical benefits](#)
- 82% are very satisfied/somewhat satisfied with their [IBX pharmacy benefits](#)
- 68% are very satisfied/somewhat satisfied with their [VBA vision benefits](#)

Vision benefits are **included** in your medical coverage with the HBT. Log in to the [VBA Member Portal](#) for more information and print a VBA member ID card if you wish.

We asked, " Have you used Doctor On Demand telemedicine services for medical, psychiatric, or therapy visits in the past year?"

- 18% answered YES

Doctor On Demand (DOD) provides 24/7 access to virtual care so you can see a doctor whenever and wherever you need care! Cost sharing for medical, therapy, and psychiatric visits through DOD is \$10* through 10/31/24.

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

Click here to learn more about Doctor On Demand telemedicine and join today!

We asked, " Which wellness programs have you utilized?"

- 33% earned \$200 in gift cards with the [Achieve Well-being Reward program](#)
- 20% visited the [Wellbeing Hub](#)
- 12% participated in their six FREE [Nutrition Counseling](#) visits
- 51% have not participated in any of the well-being programs offered

As your healthcare provider, we are committed to increasing participation and engagement in our wellness programming. We encourage you to take advantage of the variety of innovative offerings that are included in your membership with the HBT.

Please visit the IBX microsite here to learn more.

We asked, " How helpful would it be to have ONE website that provided resources for all of your benefits with the PAISBOA HBT?"

- 84% responded that it would be very helpful

In response to your feedback, a new member-facing website is being developed and will be launched in the spring. Stay tuned!



Flu and COVID-19 Vaccines

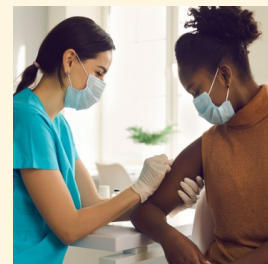
The best way to protect yourself against the seasonal flu is to get vaccinated each year. As a reminder, all PAISBOA Health Benefit Trust enrolled members are eligible to receive a flu shot at NO COST.

Click here to learn more about the flu vaccine.

Click here to read *Healthy Habits to Help Protect Against Flu*, from the Center for Disease Control and Prevention (CDC).

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.**



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!



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.*

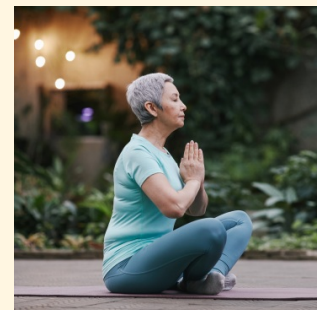


Wellness Programs

January Global Workshop Series | Yoga Breaks

Even a short movement break during the workday can boost productivity, relieve stress, and prepare your mind and body to tackle the rest of the day. Reset your focus and support your wellbeing with simple stretches and breathing techniques that fit seamlessly into your workday.

- **Week 1: Balance - January 16 @ 11 AM** - Enhance balance and focus with quick and easy exercises that help stabilize your mind and body.
- **Week 2: Flexibility - January 23 @ 11 AM** - Alleviate tension and improve flexibility with simple stretches and breathing techniques.
- **Week 3: Strength - January 30 @ 11 AM** - Fuel your energy and build your physical strength with invigorating exercises.



Create an account or log in to the Wellbeing Hub here.
Scroll down to "Upcoming Events" to register.

If you can't make it, no worries! All workshops are recorded and can be accessed on demand at a time that's right for you.

Health Observances

January is National Blood Donor Month

Give the gift of life and donate blood! **The American Red Cross** provides about 40% of our nation's blood and blood components, all from generous donors, but supply does not always meet demand because only a very small percentage of age-eligible individuals donate blood yearly.



Our friends at the **Greater Philadelphia Business Coalition on Health (GPBCH)** have compiled resources and information about how you can get involved in donating blood.

[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. 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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