

Your Benefits Bulletin

Volume 4, No. 9 | July 8, 2024

July Healthy Tip

Understanding the nutrition labels when shopping for food can help you make quick, informed decisions to support a healthy diet.

[Click here for a helpful overview from the U.S. Food and Drug Administration.](#)



FREE Nutrition Counseling Visits

Did you know that up to six nutrition counseling visits are covered under your Independence medical plan each year?

Now is the perfect time to meet with a registered dietician, primary care provider, or another network provider to learn more about how what you eat affects your overall health and well-being. A healthy weight and diet can give you more energy and may even help lower your cholesterol and blood pressure.

[Click here to learn more.](#)

Or call the **Champion customer service team** at 833-444-BLUE(2583) and tell them you'd like to work with a nutritionist.



Blue Distinction® Specialty Care

Having access to high-quality, expert care when you or your family members need specialized care is important. That's why the Blue Cross Blue Shield Association has designated centers of excellence that have demonstrated superior specialty care and results through the Blue Distinction® Specialty Care Program. Blue Distinction® Centers offer quality care to deliver better patient outcomes, while Blue Distinction® Centers+ offer quality care in addition to cost management. Multiple areas of specialty medical care are recognized under the program, including:



- Weight loss surgery
- Cancer care
- Cardiac care
- Transplants
- And more!

[Click here to find a list of doctors, hospitals, and other healthcare facilities that carry the Blue Distinction® or Blue Distinction® Center+ status.](#)

[NEW IBX Member Portal and App](#)

Your health journey is unique, which is why IBX has redesigned the member portal and mobile app. The new digital experience offers better navigation to make sure you can find the information you need quickly, making it easier to manage your health care.



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

[Log in to your secure member account here](#) to easily access your health plan information, find resources, and get the support you need.

Benefit Partner Spotlight

[Vision Benefits with VBA](#)

Comprehensive eye exams are an important part of your overall health. Summer is the perfect time to get an annual exam which can help detect ocular diseases early and maintain your overall eye health and vision. As an enrolled member of an HBT medical plan, vision care is included in your coverage! We encourage you to take advantage of your vision benefits and use schedule an eye exam with your trusted provider this summer.



[Click here and visit vbaplans.com to create an account, find an in-network provider, and learn more about your benefits.](#)

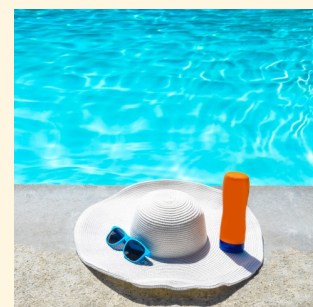
[Click here to view your VBA benefit summary.](#)

Health Observances

[July is National UV Safety Month](#)

The summer is a great time to get outdoors and enjoy the warmer weather and sunshine. However, prolonged exposure to ultraviolet (UV) rays can pose serious health risks.

[According to the Skin Cancer Foundation](#), the most common form of cancer in the United States is skin cancer and having sunburn on five or more occasions doubles your risk for melanoma. That's why it's important to protect yourself and lower your risk of developing skin cancer by wearing



sunscreen and limiting your exposure to the sun.

Our friends at the **Greater Philadelphia Business Coalition on Health (GBPCH)** have put together some great resources about UV rays, sun safety tips, sunscreens, and how to perform a skin self-exam.

[Click here and learn more about protecting your skin.](#)

[Click here for their annual *Summer Fun Guide*, which provides more health & safety tips, information about fun summer activities, and delicious recipes.](#)

Upcoming Webinars

Live Workshop Series: Managing Fear

In this month's workshop series, you will hear from an expert coach on how to utilize personal practices of mindfulness and embodiment for managing fear and fostering empowerment.

July 9th: Grounding Techniques
July 16th: Mindfulness Meditations
July 23rd: Physical Movements
July 30th: Self Compassion



[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.

Are you near age 65 or approaching retirement?

HTA offers education and guidance about Medicare Services so that you feel empowered to make informed choices when transitioning your healthcare coverage.

Please join us on **Thursday, September 5th at 4 pm** for a one-hour educational presentation and learn more about:

- What is Medicare?
- When and how to enroll
- Initial enrollment vs Special Enrollment and how to avoid penalties
- Enroll vs defer if not retiring at age 65
- Cost-benefit analysis; Employer Coverage vs Medicare when still working
- Plans available - Medicare Supplement, Medicare Advantage, Prescription Drug plans



All those who register for the webinar will receive the recording of the session within 24 hours.

Click here to register for the Roadmap to Medicare webinar today!

Exclusive Deals and Discounts!

As an employee of a PAISBOA HBT member school, you have access to an exclusive employee perks program. Create an account today to experience a wide variety of money-saving offers, including discounted movie and amusement park tickets, rentals, and hotels; as well as amazing product and service deals for your everyday needs.

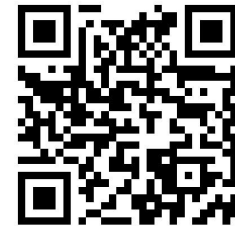
Access these exclusive deals and discounts by visiting the **Benefits Website** and navigating to **Resources > Deals and Discounts**.



Visit our **NEW** website!

Explore and bookmark the new website today!

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.

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 hbsupport@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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