

## Your Benefits Bulletin

Volume 3, No. 5 | March 4, 2026



### Medical

#### Create your GARNER account for a chance to win \$50!

**Garner** is a FREE benefit for those enrolled in the **HBT's PPO, High-deductible or EPO medical plans**. With Garner, finding top-performing doctors is simple. Garner has already done all the research for you and selected "Garner Top Providers" — doctors in your network who have a track record of delivering the best patient outcomes.



garner™

When you see a Garner Top Provider, you can **get reimbursed for your out-of-pocket medical costs**. You get the highest quality care, and you save money. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

#### [Meet Garner in this short video.](#)

Create an account before March 31, 2026 to be entered for a **chance to win one of twenty \$50 Visa gift cards!**

[Create your Garner account here!](#)

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

**Learn more!** Join us for a live 30-minute virtual Education Session this week:

- [March 5: 3:30-4:00 PM](#)
- [March 9: 11:00-11:30 AM](#)

The sessions will be recorded and shared with those who register. You may also view a recording of a [past session here](#).



## Join the Challenge!

### The Spring Walking Challenge is back! March 20-April 30

Celebrate the first day of spring on March 20<sup>th</sup> and join the six-week “The Power of Steps” Walking Challenge! Join the team at your school to get active, show your school spirit, reduce stress, and boost your overall health. By taking 7,500 steps each day, you’ll travel virtually to unlock a new milestone at each stop, highlighting the science-backed benefits of walking, from better sleep and heart health to improved digestion, mood and immune function.



#### How to enter your steps/activity

You don’t have to be an avid walker or runner to participate. Any physical activity you do – whether it’s yoga, swimming, or dancing – can be converted into steps. Sync your device by downloading the app or by manually entering your daily steps on the portal.

#### Complete weekly challenges for a chance to win

You can win prizes for completing individual weekly challenges which will be highlighted in the portal.

#### Three chances to win a grand prize

Member schools will compete as a team\* and have three chances to win a grand prize!

1. The team to cross the finish line first
2. The most improved team
3. The team with the most participation

*\*Teams must be comprised of more than 5 individuals to be eligible for the grand prize.*

Registration is open throughout the challenge but get a head start downloading the Terryberry Be Well app (*required to connect a device*) or by registering before March 20th!

***You must create a new account even if you have participated in past walking challenges.***

[Click here for a flyer with a QR code to join.](#)

[Click here for FAQs.](#)

[Register HERE today!](#)

Or visit [myschoolbenefits.org](https://myschoolbenefits.org) for details and to register.

**Need help?** Email: [walkingchallenge@well-concepts.com](mailto:walkingchallenge@well-concepts.com)

**NEW THIS YEAR!** Those enrolled in an HBT medical plan who are eligible for Wellable can earn a one-time bonus of **500 Wellable points**, as a *Special Activity*, by logging their

participation in the Walking Challenge. Visit your Wellable Bulletin Board for more details!



## Health Observances

### Colorectal Cancer Awareness Month

Colorectal cancer is the fourth most common cancer in the United States among both men and women, with approximately 150,000 Americans diagnosed each year, according to the **Colorectal Cancer Alliance**. The good news is that when detected early, colorectal cancer has a 90% survival rate. Screening remains the most effective way to prevent colorectal cancer and early detection can significantly improve treatment outcomes.



Most preventive screenings are covered at no cost to you under your medical plan when you visit an in-network provider. Screening recommendations are based on age, family history, and other risk factors. We encourage you to talk to your doctor about when colorectal cancer screening is right for you.

[Click here for a comprehensive list of preventive services covered through your medical plan.](#)

### National Nutrition Month® – “Discover the Power of Nutrition”

National Nutrition Month® is an annual campaign sponsored by the Academy of Nutrition and Dietetics to highlight the importance of cultivating healthy eating habits. This year's theme, "Discover the Power of Nutrition," emphasizes how the food and beverage choices we make each day fuel our bodies. By making thoughtful and informed decisions about what we eat and drink, we can harness the power of food to support our overall health and wellbeing.



As part of your Highmark medical plan, you have access to unlimited nutrition counseling visits at no cost through Wellness Coaches.

[Click here to view a flyer on Wellness Coaches.](#)

As an employee enrolled in a PAISBOA HBT medical plan, Noom is available to you at no cost to provide personalized nutrition guidance, education, and support to help you build lasting healthy eating habits.

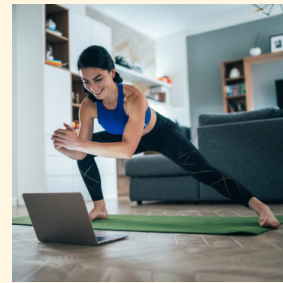
[Visit our website here to learn more about Noom.](#)



## Upcoming Webinars

## Wellable Live Virtual Events

Join Wellable this March 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. March's featured topics include:



- Talk Tuesday - **Bedtime Blueprint & Pathways to Prevention**
- Workout Wednesday - **Cardio Dance**
- Thrive Thursday - **Mindful Moments**

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.

**Sleep Awareness Week** takes place March 8 - 14. We encourage you to tune in to the *Bedtime Blueprint* Talk Tuesday webinar to learn more about the importance of sleep for your overall wellbeing and learn helpful strategies to unwind and optimize your rest.

[Click here to view the March events flyer for full details and registration links.](#)

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

## Resources

### Important Plan Notices and Disclosures Available Online

The HIPAA Notice of Privacy Practices has recently been updated to reflect current requirements.

[You may find the updated HIPAA Notice, along with other important plan notices and documents, on our website here.](#)

We encourage you to stay informed by carefully reviewing these documents with your covered dependents.



### Explore and bookmark the website today

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

[myschoolbenefits.org](https://myschoolbenefits.org)





# Resources

## **[myschoolbenefits.org](https://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](tel: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](mailto:concierge@getgarner.com).

## **VBA Vision Benefits**

View benefits summary, claims, and print ID card.

## **Noom**

Visit our website to join. For support, email [partnersupport@noom.com](mailto:partnersupport@noom.com).

## **Wellable**

Use this link to join. Email [support@wellable.co](mailto: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](mailto: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](tel:1-888-984-1186) or email [hbtssupport@connerstrong.com](mailto:hbtssupport@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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