

Your Benefits Bulletin

Volume 4, No. 10 | August 2, 2024

Back to School = Open Enrollment

As educators and staff in our school communities, you make a difference in the lives you touch every day. In order to continue to have a positive impact on others, it's important to take good care of yourself. How do you start?

The upcoming open enrollment period is an important opportunity to review and select your healthcare benefits to ensure they best suit your needs. Be sure to attend your school's open enrollment meetings and/or consult with your Business Officer or Human Resources department for specific information regarding the comprehensive healthcare benefits provided by the PAISBOA Health Benefit Trust as well as the open enrollment timeline.



Medical

It's not too late to earn \$200!

Have you visited your primary care doctor? Had a preventive health screening?

As a PAISBOA Health Benefit Trust member, you and your enrolled spouse/partner can earn \$200 in gift cards just by completing five healthy actions before October 31, 2024!

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx... and Visa too.

Log in to your personal portal at ibx.com, go to your Dashboard > Rewards & Incentives > Achieve Well-being Rewards.

Call the **Champion customer service team** at 833-444-BLUE(2583) with any questions.



[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** or on **Tuesday, September 24 at 9 am or 6 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.



Register for the webinar on 9/5 at 4 pm

Register for the webinar on 9/24 at 9 am or 6 pm

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

Diabetes and Hypertension Management at \$0

As an enrolled member of the IBX medical plan you have access to health tools at NO COST to help manage diabetes and high blood pressure through **Teledoc Health** (formerly Livongo).

The program for diabetes management provides a connected glucose meter, unlimited strips & lancets, tips, and one-one-one coaching.

The program for high blood pressure management includes a connected blood pressure monitor, action plans based on your goals, tips, and one-one-one support from expert coaches.



[Click here to register](#) or call 800-835-2362.
Use registration code: HBT

[Click here for more information and FAQs.](#)



Health Observances

National Immunization Awareness Month

It's important to get the recommended vaccines throughout your life. We encourage you to talk to your medical provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations.

[Before you and your family head back to school this fall, click here to review the CDC's recommended vaccines for your children.](#)

[Click here to use the CDC's adult vaccine assessment tool to see which vaccines might be right for you.](#)



Upcoming Webinars

Live Workshop Series:

This month is dedicated to discovering simple, daily movements that promote overall health and wellbeing. Each week, you will focus on specific exercises to combat a sedentary lifestyle, improve mobility and strength, and empower movement practices.

August 8th: Long Duration Sitting
August 15th: Walking
August 22nd: Mobility
August 29th: Daily Activities

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

All workshops are at 12 pm and will be recorded so they can be accessed on demand at any time.



Exclusive Deals and Discounts!

Visit your marketplace today and start saving on summer travels, back-to-school must haves, and wellness essentials. As an employee of a PAISBOA HBT member school, you have access to an exclusive employee perks program.

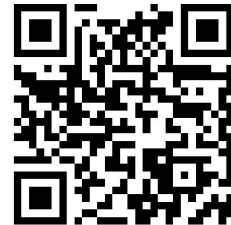
Access these exclusive deals and discounts by visiting the **Benefits Website** and navigating to **Resources > Deals and Discounts**.



myschoolbenefits.org

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

[Explore and bookmark the new website today](#)



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 \(2583\)](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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