

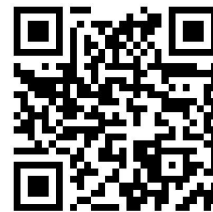
Your Benefits Bulletin

Volume 1, No. 3 | July 9, 2024

We've launched a benefits website just for YOU!

The PAISBOA HBT is excited to announce the launch of our newly designed website for our plan participants. You may find information about the healthcare benefits your school provides through the PAISBOA HBT – all in one user friendly place!

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

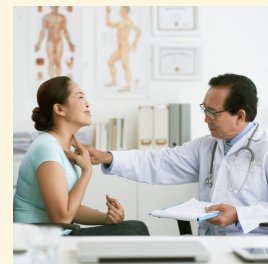


An Independent Licensee of the Blue Cross and Blue Shield Association

Know Where To Go For Medical Care When You Need It

Injuries and illnesses often happen unexpectedly and suddenly. As a Highmark plan participant, you have multiple options to seek medical services and care when needed. Knowing where to go for care based on your symptoms or condition can ensure that you receive the proper medical attention you need while mitigating your out-of-pocket costs and wait times.

Refer to this [flyer](#) to learn more about your options and where it may be the most appropriate to seek care. If you are experiencing a true medical emergency, please visit your nearest emergency room or call 911.



[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.](#)



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 \[vbaplans.com\]\(http://vbaplans.com\) to create an account, find an in-network provider, and learn more about your benefits.](#)

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

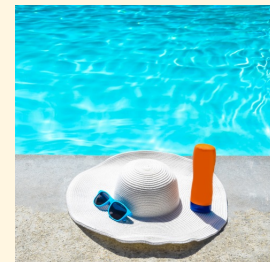


Health Observances

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.](#)

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



Upcoming Webinars

Maven Moments: Maternity and Newborn Care Overview

Maven is here to support you and your family through pregnancy, postpartum, and those early newborn months—at no cost to you. You and your partner are invited to join an upcoming webinar to learn more about how you both can use Maven throughout every step of your journey. If you can't make it, a recording will be sent to all registrants.



Tuesday, July 9 at 8 pm and Thursday, July 25 at 12 pm

Click [here](#) to register for an upcoming Maven Moments webinar or to watch archived recordings of previous webinars.

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 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](#).

Resources

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [1-800-345-3806](tel:1-800-345-3806).

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Maven

For support, email support@mavenclinic.com. Indicate that you are enrolled in benefits through the PAISBOA Health Benefit Trust.

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 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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