

Your Benefits Bulletin

Volume 6, No. 11 | September 8, 2026

Make the Most of Your Benefits

The new school year is underway, and now is the time to review your healthcare benefit options.

Attend your school's Open Enrollment meeting or connect with your Business Officer or Human Resources representative to learn more about the comprehensive benefits available through the PAISBOA Health Benefit Trust.

Reviewing your options now can help you make informed choices and give you greater peace of mind in the year ahead!



Medical

Get High-quality care and money back!

Garner is a free benefit for members enrolled in the PAISBOA Health Benefit Trust's PPO or High-Deductible (HD) medical plans.*

Over \$54,000 has been reimbursed to 220 households so far, with an average reimbursement of \$245 on their out-of-pocket medical costs!

When you see a Garner Top Provider, you get high quality care and save money. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

If you haven't already, [**CREATE YOUR ACCOUNT HERE**](#) and add your Top Providers to your Care Team before your appointment to ensure they're approved for your Garner benefit. When prompted, select "PAISBOA Health Benefit Trust" as your employer.



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

For more details on how to use your benefit, visit our [website here](#) and/or check out your [Garner Guide](#).

**Plan participants enrolled in an HMO plan are not eligible to participate in Garner Health, as they benefit from built-in care coordination through their primary care physician.*

Want to learn more? If you're enrolled in a PPO or High-deductible plan, please join us:

Garner Education Session October 7th at 3 pm

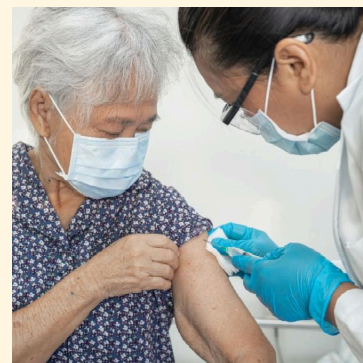
[Click here to register!](#)

The session will be recorded and shared with those who register.

Flu Prevention Starts with Vaccination

With flu season just around the corner, getting your annual flu shot is one of the best ways to help protect yourself and your community this school year. According to the [Centers for Disease Control](#), the flu shot is recommended for everyone 6 months and older. The vaccine can reduce your risk of getting sick and may lessen the severity of illness if you do get the flu.

IBX members can receive a flu shot at no cost when using an in-network provider or pharmacy. We encourage you to talk with your healthcare provider about getting vaccinated to stay healthy and protected this school year.



[Click here to learn more about the flu vaccine.](#)



Benefit Partner Spotlight

Turn Healthy Habits into Rewards

Don't miss out on your Wellable wellness rewards! To be eligible for **any** rewards in the 4th quarter (August 1, 2026 - October 31, 2026), members must complete their Personal Wellness Assessment, general lab work, and annual physical exam. Please note, these activities may be completed at any time during the plan year, but must be submitted to Wellable by October 31, 2026 to be eligible for 4th quarter rewards.

[Click here to view instructions on how to complete these required activities.](#)

Wellable

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

- Talk Tuesday - **Gratitude: A How to Guide and Respiratory Resilience**
- Workout Wednesday - **Cardio Burner**
- Thrive Thursday - **Mindful Centering**

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.

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

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



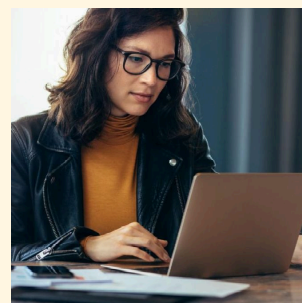
Resources

Important Health Plan Notices and Disclosures Available Online

The PAISBOA HBT invites all members to visit myschoolbenefits.org/notices-and-disclosures to access important health plan related notices and documents. As an enrolled plan participant, you are entitled to receive information to help you understand your rights and health plan benefits, including:

- Medicare Part D Creditable Coverage Notice
- Summary Annual Report
- Summary Plan Description
- HIPAA Notice of Privacy Practice
- And more!

We encourage you to stay informed by reviewing these documents carefully and sharing them with your covered dependents, as applicable. **Please note, a postcard will be mailed to your home directing you to this important information online.**



Health Observances

Ovarian Cancer Awareness Month

Ovarian Cancer Awareness month is observed each September and is a time to share important information about the disease and encourage women to be proactive about their health. Ovarian cancer is the deadliest gynecologic cancer

according to the **National Ovarian Cancer Coalition**, making awareness and early detection especially critical.

While there is no single test that can definitely diagnose ovarian cancer, the **American Cancer Society** recommends knowing the signs and symptoms and speaking with your healthcare provider if you notice any unusual or persistent changes in your health.



National Recovery Month

September is National Recovery Month, an observance launched by **SAMHSA** to raise awareness about substance use, treatment, and recovery.

If you or a loved one are seeking support, your IBX medical benefits include coverage for recovery-related services, including treatment programs and behavioral health resources.

For personalized support, call the Mental Health/Substance Abuse number on the back of your member ID card at **1-800-688-1911**. The Behavioral Health Care Navigation Team can help you find in-network care, answer benefit and claims questions, or connect you with a licensed clinician for support.

Click here for a flyer with behavioral health providers listed by specialty and ages treated. It includes those providers that specialize in substance abuse disorders.



Explore and bookmark the website today

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

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)**.

IBX Benefit Flyers

Use this link to access flyers for our many benefits.

Garner Health Reimbursement

Use this link to join. Need assistance? Contact the Concierge team via the in-app chat, email concierge@getgarner.com, or call 866-761-9586.

Doctor on Demand Telemedicine

To join, enter "PAISBOA" as your employer.

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Noom

Visit our website to join. For support, email partnersupport@noom.com.

Wellable

Use this link to join. Email 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. Indicate you are enrolled in benefits through the PAISBOA HBT.

United Concordia Dental

View benefits summary, claims, and print ID card.

Working Advantage

For exclusive employee deals and discounts.

HTA Insurance Services

For Medicare information and enrollment assistance.

Member Advocacy Center (MAC)

Call Conner, Strong & Buckelew at 1-888-984-1186 or email hbt-support@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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