

## Your Benefits Bulletin

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### We've launched a NEW website just for YOU!

You asked for it! 97% of the respondents from our fall member satisfaction survey indicated that it would be "very helpful" to have one website for access to all resources regarding benefits information.

Now you may find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust - all in ONE user-friendly place!



Explore and bookmark the new website today!

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



## Join the Challenge!

### Spring Walking Challenge: March 19-April 29

Celebrate the first day of spring on March 19th and join the six-week "Lifelong Wellness Journey" walking challenge! Join the team at your school and get moving to show your school spirit, reduce stress, and improve your overall health. By taking 7,500 steps a day, you'll take a virtual journey across the globe and learn about the lifestyle habits of individuals who live a very long life.

#### 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, gardening, or dancing - can be converted into steps. You may connect your device by downloading the app or manually entering daily steps on the portal.

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

Participate in weekly individual pop-up challenges for a chance



to win prizes.

### Three chances to win a grand prize\*

Member schools will have three chances to win a grand prize!

- The team that crosses the finish line first
- The most improved team
- The team with the most participation

\* School teams must include more than 5 individuals to be eligible for the grand prize.

Registration is open throughout the challenge but get a head start by registering before the challenge begins on March 19th!

**Visit our new website at [myschoolbenefits.org](https://myschoolbenefits.org) for details and to register.**

**You may also click here for a flyer with details.**



## Medical

### Earn \$200 in Gift Card Rewards

Many of you earned \$200 in gift cards during the last plan year and now it's time to restart, or begin, your journey to wellness!

As a PAISBOA HBT member, you (*and your enrolled spouse/partner*) can earn \$200 in gift cards by completing five healthy actions before October 31, 2024!

**Click here for a flyer with details.**

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx, VISA, and more!



## Upcoming Webinars

### Live Global Workshop: Easy Vegetarian Dinner March 26th at 12 pm

Step into the kitchen to craft a delicious and nutritious plant-based dinner that is good for your body, our planet, and your wallet. This session is designed for everyone, whether you're a seasoned chef or new to cooking. Join us as we prepare a simple yet satisfying vegetarian dish you can easily make on a busy weekday.

**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.





## Health Observances

### Colorectal Cancer Awareness Month

According to the **American Cancer Society**, colorectal cancer is the second most common cause of cancer death in the U.S. when men and women are combined. Screening and early detection saves lives! When colorectal cancer is diagnosed at the localized stage, the 5-year survival rate is 91% many people live much longer than 5 years (and many are cured). Colon cancer and rectal cancer are also highly treatable if caught early. That's why screening is essential and lifesaving - and should begin at age 45.



[Click here for information about screening and prevention.](#)

### National Nutrition Month®

This year's theme for National Nutrition Month® is "Beyond the Table" which focuses on the farm-to-fork aspect of nutrition, food production, and distribution.



[Click here for 20 health tips from the Academy of Nutrition and Dietetics.](#)

Did you know that under the IBX medical plan, you have up to six FREE visits for nutrition counseling each plan year?

[Click here for more information about nutrition counseling.](#)



## Resources

### 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](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](mailto: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](mailto: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.

PAISBOA Health Benefit Trust | 301 Iven Avenue, Suite 315, Wayne, PA 19087

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