

Your Benefits Bulletin

Volume 1, No. 6 | October 4, 2024

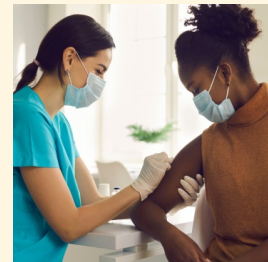


Medical

Protect Yourself Against the Flu by Getting Vaccinated

With flu season approaching, it's important to protect yourself and your loved ones against the virus by getting vaccinated. As a reminder, all Highmark enrolled members are eligible to receive a flu shot at **NO COST**.

The **CDC** recommends that individuals 6 months and older get a flu shot once a year. We encourage you to schedule your annual vaccination to reduce your risk of illness, hospitalization, and other complications due to the flu.



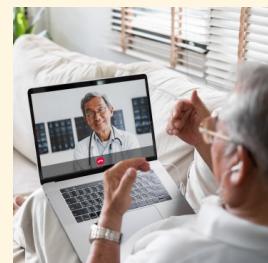
[Click here to learn more about the flu vaccine.](#)



Telemedicine

Get Healthcare at Your Convenience with Highmark Virtual Health

Through Highmark's Virtual Health platform, you can see a healthcare provider from the comfort of your home. Highmark members can speak with a board-certified physician 24/7 from anywhere. Common illnesses that can be addressed through a telemedicine visit include the flu, colds, sinus infections, and more. Virtual Health can also provide mental health support for anxiety, depression, and bereavement.



[Click here to view a flyer with details.](#)



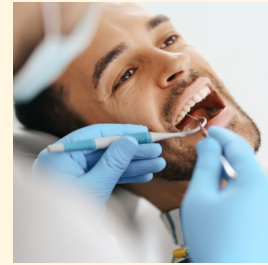
Dental

New Dental Coverage

If your school offers the dental plan offered by the PAISBOA HBT, your coverage is changing from Delta Dental to United Concordia, *effective November 1, 2024*. The transition to United Concordia brings an expanded provider network, making it easier for members to find in-network dentists and save on out-of-pocket expenses.

If you've elected to enroll in dental coverage for the plan year beginning November 1, you will be receiving a welcome letter from United Concordia in the mail during the month of October.

[Click here to view a flyer with details.](#)



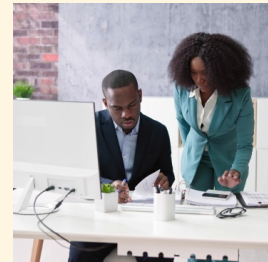
Resources

Important Compliance Notices and Disclosures *Now Available Online*

The PAISBOA HBT would like to invite all members to view important health plan related notices and disclosures that are now accessible at myschoolbenefits.org/notices-and-disclosures. As an enrolled plan participant, you are entitled to receive pertinent notices 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
- Summary of Benefits and Coverage
- And more!

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



Save Money on Your Wellness Journey with Blue365

As a Highmark member, you have access to exclusive discounts through Blue365. Enroll in the program today to enjoy savings on fitness gear and trackers, gym memberships, eye care, and more!

Sign up for free at blue365deals.com.

[Click here to view a flyer with details.](#)



Health Observances

Breast Cancer Awareness Month

October is Breast Cancer Awareness month - a time to bring attention to the disease, support those fighting it, and celebrate

survivors. According to the **National Breast Cancer Foundation (NBCF)**, 1 in 8 women in the United States will receive a breast cancer diagnosis in her life.

Detecting breast cancer in the early stages significantly increases the chances of remission and survival. Early detection involves being aware of the signs and symptoms, performing monthly breast self-exams, and scheduling regular mammograms. You may also reduce your risk of developing breast cancer by making healthy lifestyle choices such as exercising regularly, avoiding smoking, and maintaining a nutritious diet.

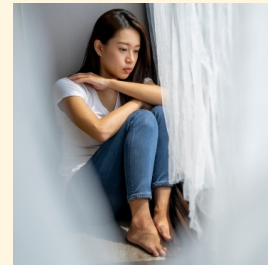


Visit the NBCF website for free educational resources on breast cancer.

National Depression & Mental Health Screening Month and World Mental Health Day

According to the **Center for Disease Control (CDC)**, mental illness affects 1 in 5 adults in the United States and can increase the risk of physical health conditions, such as diabetes and stroke. October is National Depression and Mental Health Screening month and October 10th is World Mental Health Day. This is an opportune time to focus on mental well-being and break the stigma around seeking help.

Depression can affect anyone at any time and everyone experiences it in a different way. If you or someone you care about feels they may be depressed, it's important to seek professional help and be screened. As a Highmark member, you have access to mental and behavioral health services.



To learn more about the resources available to you under your medical plan, please visit myschoolbenefits.org/mental-health-resources-highmark.

Additionally, **The National Alliance on Mental Illness (NAMI)** is an organization dedicated to improving the lives of those experiencing mental illness. NAMI offers support, education, and peer-led groups free of charge.

Upcoming Webinars

Maven Moments: Managing Menopause Symptoms at Work

Discover practical solutions for managing menopause symptoms in the workplace by joining our class led by a Maven OB-GYN. Gain insights on maintaining professional focus while addressing the challenges of this life stage. Registrants will receive a copy of the recording.

Tuesday, October 22nd at 12 pm



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

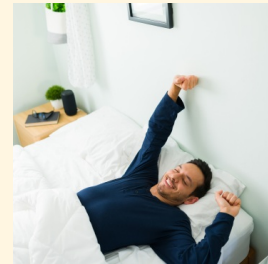
Are You Tired of Tossing and Turning at Night?

Technology, fast-paced lives, and stress can negatively impact the ability to get a good night's sleep. In this session, you'll learn simple steps and strategies to turn restless nights into restorative sleep. This session will be facilitated by [Donna Drucker, LCSW](#), of Health Advocate EAP. Please join us for an upcoming webinar:

Get a Great Night's Sleep! Successful Tips and Tricks.
Wednesday, October 9 at 4:00 pm

If you can't attend at 4:00 pm, please register anyway! The webinar will be recorded and emailed to those who register.

Click [here](#) to register.



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 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.

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

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