



Your Benefits Bulletin

Volume 1, No. 5 | September 6, 2024

Welcome back!

School is in session, and it's time to review and select your healthcare benefits!

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 your school provides through the PAISBOA Health Benefit Trust (HBT).

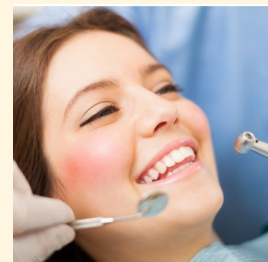


New Dental Coverage

If your school provides the dental plan offered by the PAISBOA HBT, your coverage is changing from Delta Dental to United Concordia, *effective November 1, 2024*. United Concordia offers a larger network with an additional 600 in-network dentists. You'll save money by staying in network for your dental care.

Visit UnitedConcordia.com/FindADentist to locate an in-network dentist near your home or work. When prompted to select your dental network, select "**PAISBOA HBT**" in the drop-down menu.

If you elect dental coverage for the new plan year, you will receive a welcome letter in October with benefit information.



Wellness Programs

Reach Your Health and Wellbeing Goals with Customized Support

Through your Highmark medical plan, you have access to

personalized health coaching at no cost to help you reach your wellbeing goals. Your Highmark Wellness Coach can assist you in a variety of areas, from losing weight, getting active, smoking cessation, managing stress, and so much more. Upon completion of your health assessment, your Wellness Coach can develop a customized plan to improve your health and can direct you to resources and programs that are available to you.



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

Connect with a Wellness Coach today by calling **800-650-8442** Monday through Friday or learn more by visiting [HighmarkHealthCoachBlueShield.com](https://www.HighmarkHealthCoachBlueShield.com).

Medical

Diabetes Prevention Program

Did you know that more than 1 in 3 adults in America is prediabetic? By detecting prediabetes early and taking action to treat it, you can reverse the condition and lower your chances of being diagnosed with type 2 diabetes in the future.

Through Highmark, members have access to the Diabetes Prevention Program at no cost. The Diabetes Prevention Program is a structured lifestyle and health behavior change program to help prevent the onset of type 2 diabetes. Under this program, members receive:

- CDC certified coaching
- In-person, virtual, or self-paced curriculum
- Support of a community
- 100% preventive medical benefits



To learn more, visit [MyHighmark.com](https://www.MyHighmark.com) or call **800-345-3806**.

Health Observances

National Recovery Month

Recovery Month, launched by the **Substance Abuse and Mental Health Services Administration (SAMHSA)** is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

Your medical benefits administered by Highmark include coverage for behavioral and mental health services. Call Highmark at **800-345-3806** or visit [MyHighmark.com](https://www.MyHighmark.com) to find in-network care and ask specific questions about benefits and claims.





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

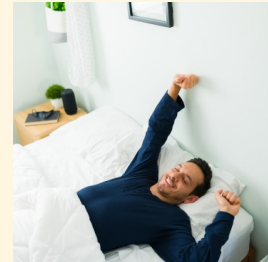
Click [here](#) to register for an upcoming Maven Moments webinar or to watch archived recordings of previous webinars.

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 interactive workshop hosted by **Health Advocate EAP**, you'll learn simple steps and strategies to turn restless nights into restorative sleep. In no time, waking up refreshed and energized will be the norm.

Topics to be covered:

- The 24-hour sleep plan
- 7 Tips for 24 hours
- Sleep tricks for a good night's rest!



Wednesday, October 9th at 4 pm

Click [here](#) to register.

myschoolbenefits.org

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

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



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.

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.

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

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