



Innovative Wellness Offerings

included in your benefits with PAISBOA Health Benefit Trust (HBT)



Telemedicine for Body & Mind

through Doctor on Demand

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand. From colds to cholesterol and depression to stress, Doctor on Demand providers are a click away, 24/7.

If you're creating a new account, select PAISBOA as your employer to receive the correct co-pay. Cost-sharing is \$10* for all medical, therapy, and psychiatric visits through October 31, 2026. Get started at doctorondemand.com.

*Those on the HDHP must first satisfy their applicable deductible.



Weight Loss

through Noom

Join Noom at no cost! Noom is a science-backed, digital program that uses psychology and behavior change to help you build healthier habits and achieve sustainable weight-loss. Employees enrolled in a PAISBOA Health Benefit Trust medical plan are eligible for Noom. Enrolled employees who clinically qualify are eligible for Noom's GLP-1 Rx Program, which includes anti-obesity medications at an exclusive discount through Noom's self-pay program. Register at myschoolbenefits.org/weight-loss-benefits.



Mental and Behavioral Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. An IBX Mental Health/Substance Abuse Care Advocate can help you find in-network care, answer specific questions about benefits and claims, schedule appointments, and connect you to a licensed clinician for in-the-moment support if needed. To find more information about mental health resources, visit myschoolbenefits.org/mental-health-resources.



Wellness Rewards

through Wellable

Wellable offers a comprehensive platform of fun and engaging activities, resources, and rewards designed to support your overall health and well-being. Employees and spouses/partners enrolled in a PAISBOA Health Benefit Trust medical plan are eligible to participate in the program and earn up to \$50 in gift card rewards per quarter. Learn more at myschoolbenefits.org/wellness-rewards-program.



Make the most of your health plan. Visit the PAISBOA HBT member site.

Here in one user-friendly place, you'll find information and resources about all the benefits your school provides through the HBT.

myschoolbenefits.org

Be sure to check the site for **wellness challenges & webinars** held throughout the year!



Fitness Membership Reimbursement

Get up to \$150 back on an approved fitness center or virtual fitness subscription when you complete 120 workouts. Learn more at myschoolbenefits.org/medical-prescription-drug



Tobacco Cessation Program Reimbursement

Get up to \$150 back when you complete an approved tobacco cessation program. Learn more at myschoolbenefits.org/medical-prescription-drug



Nutrition Counseling

Get six free nutrition counseling visits with a participating registered dietitian, your primary care provider, or another network provider to assess your diet and set personal goals for better eating habits and weight management. Learn more at myschoolbenefits.org/medical-prescription-drug



Nurse Health Coaching

Access a registered nurse Health Coach who is available 24/7 to help you: address everyday health concerns, prepare for doctor visits and procedures, better understand a diagnosis and treatment plan, manage a chronic condition, and more. Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Nurse Health Coach.



Fertility & Family-Forming *through Maven*

Get personalized support and financial assistance throughout your journey to parenthood, including 24/7 virtual access to top-rated providers, a dedicated Care Advocate, on-demand content & virtual classes, and \$10,000 on eligible expenses. Download the Maven Clinic app at myschoolbenefits.org/fertility-family-forming-benefits



Weight Management Program Reimbursement

Get up to \$150 back when you participate in an approved weight management program. Learn more at myschoolbenefits.org/medical-prescription-drug



Savings on Fitness, Nutrition & Wellness *through Husk Marketplace*

Get exclusive deals and discounts on gyms and fitness centers, fitness equipment, wearable technology, and more! Learn more at myschoolbenefits.org/medical-prescription-drug

Featured Provider: Husk Virtual Nutrition

Not sure where to go for your six free nutrition counseling sessions? Try Husk Virtual Nutrition! Connect one-on-one with a registered dietitian to establish health goals, develop a nutrition plan, access a resource library & more. Learn more at www.myschoolbenefits.org/medical-prescription-drug or register at register.nutrition.huskwellness.com/register.

For important details about your plan, help accessing your benefits, and tips and tools to maximize your well-being, please visit myschoolbenefits.org.

Or contact the Benefits Member Advocacy Center at **888-984-1186** hbtssupport@connerstrong.com.



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