

## Your Benefits Bulletin

Volume 6, No. 8 | June 3, 2026

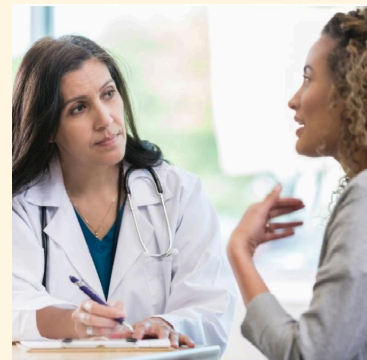
### Make Preventive Care Part of Your Summer Wellness Plan

Summer is a great time to prioritize your health! Scheduling your annual check-up and recommended screenings can help identify potential health concerns early and provide important insights based on your age, lifestyle, and family history.

Be sure to talk to your doctor about the preventive care services that are right for you. A proactive approach today can help support your health and well-being for years to come.

[Click here for a one-page summary of Preventive Health Guidelines for Adults.](#)

[Click here to learn more about preventive services covered through IBX at \\$0 out-of-pocket cost for eligible members.](#)



### Maximize your Garner Health benefit

Get high-quality care and money back on your visits. Garner is a free benefit for members enrolled in the PAISBOA Health Benefit Trust's PPO or High-Deductible (HD) medical plans.\*

**Join the 1,100+ employees who are already using Garner and saving an average of \$210 on their out-of-pocket medical costs.**

When you see a Garner Top Provider, you get high quality care and save money at the same time. **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™

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.*

## Have You Used the Garner Benefit?

If you have visited a Garner Top Doctor and received reimbursement through Garner, please share a brief testimonial or feedback. We'd love to learn more about your experience!

**As a thank-you, everyone who shares feedback will be entered into a random drawing for some fun summer swag. A winner will be selected on June 30, 2026.**

[Click here to share your feedback.](#)



## Join the Challenge!

### Stress Less this Summer -- Join for a Chance to Win a Set of AirPods!

A healthy approach to stress management can improve your mood, focus, and overall well-being. This June, join the *Stress Less* challenge through Wellable and explore simple ways to relax, recharge, and build habits to support your mental health.

Earn Wellable points by participating in activities including mindful meditation, yoga, guided imagery, and more. **For each Stress Less exercise you complete, you'll receive a raffle entry to win a set of AirPods!**

To participate in the challenge, log in to your Wellable account and navigate to the *Stress Less Challenge* section on the Bulletin Board.

[View the flyer here to learn more details about the challenge.](#)



## Benefit Partner Spotlight

### Vision Benefits with VBA

Annual vision exams help protect your eye health and ensure your prescription stays up to date. As an enrolled member of a

PAISBOA HBT medical plan, vision coverage through VBA is included as part of your benefits.

VBA provides comprehensive vision coverage, including eye exams, lenses, frames, contact lenses, and more. No membership card is required. Simply let your provider know that you have VBA coverage.

Visit [vbaplans.com](https://vbaplans.com) to create an account, find an in-network provider, and learn more about your vision benefits.

[Click here to view your VBA benefit plan summary.](#)



## Upcoming Webinars

### Wellable Live Virtual Events

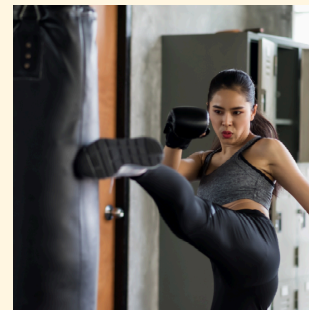
Join Wellable this June for live virtual events designed to support your physical and mental well-being. In addition to learning healthy habits, you can earn Wellable points by attending the *Talk Tuesday* webinar, with additional points available for completing a short quiz at the end. June's featured topics include:

- Talk Tuesday - **Digital Detox and Heart Health 101**
- Workout Wednesday - **Cardio Kickboxing**
- Thrive Thursday - **Mindful Self-Expression**

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 June events flyer for full details and registration links.](#)

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

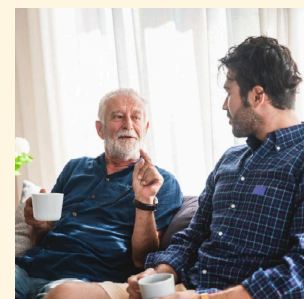


## Health Observances

### Men's Health Month

This month, encourage the men in your life to prioritize their health! Annual check-ups, regular exercise, and healthy eating habits are key to preventing illness and catching health issues early. Small steps today can lead to a longer, healthier, and more active future.

Visit the [Men's Health Network Resource Center](#) for a library of resources, and learn more about various diseases such as:



**Cardiovascular Health, Mental Health, Prostate Health, Diabetes**, and more.

### June Deals & Discounts

Enjoy summer savings through Working Advantage! As a PAISBOA HBT member, you have access to a variety of special offers, including discounted theme park tickets and attractions, car rentals, Apple products, Garmin devices and more!



**Our members have saved an average of \$70 over the past year!**

**Click here for a flyer with a QR code to join.**

**Or, visit our website here.**

### Explore and bookmark the website today

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

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



## Resources

### **[myschoolbenefits.org](https://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 or email [concierge@getgarner.com](mailto:concierge@getgarner.com).

### **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](mailto:partnersupport@noom.com).

### **Wellable**

Use this link to join. Email [support@wellable.co](mailto: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](mailto: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.

### **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 [hbtssupport@connerstrong.com](mailto: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.

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