



Your Benefits Bulletin

Volume 2, No. 10 | August 5, 2025

Back to School Means Open Enrollment Time

As educators and staff, you make a lasting impact on the lives of your students and school communities every day. To continue supporting others, it's just as important to take care of yourself!

One of the best ways to do that? Make sure your healthcare benefits are working for you. The upcoming open enrollment period is your opportunity to review your options and choose the coverage that best fits your needs.

When you return to school, be sure to attend your school's open enrollment meeting and/or consult with your Business Officer or Human Resources representative to learn more about the comprehensive benefits available through the PAISBOA Health Benefit Trust.

Taking the time now to understand your options can make a big difference toward your health and wellbeing in the year ahead.



Get Rewarded for Taking Care of Your Health!

Don't miss out on your chance to earn a \$200 Amazon e-gift card just by taking care of your health! As a PAISBOA Health Benefit Trust member, you can earn this reward by completing four healthy activities before October 31, 2025! Now is the perfect time to complete these healthy actions.

If you've visited your doctor for your annual exam or received a preventive screening, you're well on your way to earning the reward. If not, be sure to schedule your appointment as soon as possible!



[Click here to view a flyer on the Be Well \\$200 Rewards](#)

Program.

You may also access more detailed program instructions by viewing the guidebook [here](#).

Functional Nutrition Counseling with Utopia Wellcare

Let's fix what's eating you!

Utopia Wellcare is an in-network Highmark provider offering virtual functional nutrition counseling. This holistic approach goes beyond basic nutrition advice by targeting the root causes of health concerns and creating a personalized plan to help you feel your best and meet your health goals.

The best part? Utopia Wellcare guarantees up to six nutrition counseling visits at \$0 cost.

[Click here for a flyer to learn more and make an appointment today!](#)



Join the Challenge!

Congratulations to our Biking Challenge Winners!

Congratulations to the participants from 51 member schools who took part in the summer four-week biking challenge!

The two overall winners who logged the most miles are:

- Edmund Livingstone, *Hill Top Preparatory School*, **870 miles**
- Lisa Campanale, *Westtown School*, **602 miles**

Great job to everyone who participated in the challenge – every mile counts and your commitment to staying active and prioritizing your health is something to be proud of.

Stay tuned for exciting wellness initiatives and future challenges!



Health Observances

National Immunization Awareness Month

Vaccines are a vital part of staying healthy at every stage of life. We encourage you to talk to your medical provider to ensure you and your family are protected against serious diseases and up to date on all recommended vaccines.

Whether you're preparing for the new school year or just scheduling your annual check-up, now is the perfect time to get caught up!

[Before you head back to school this fall, click here to](#)





Upcoming Webinars

Roadmap to Medicare

Are you near age 65 or approaching retirement?

HTA offers education and guidance about Medicare Services so that you feel empowered to make informed choices when transitioning your healthcare coverage.

Please join us on **Thursday, September 4, 2025 at 4:00 PM** for a one-hour educational presentation and learn more about:

- What is Medicare?
- When and how to enroll
- Initial enrollment vs Special Enrollment and how to avoid penalties
- Enroll vs defer if not retiring at age 65
- Cost-benefit analysis; Employer Coverage vs Medicare when still working
- Plans available - Medicare Supplement, Medicare Advantage, Prescription Drug plans

If this date and time don't work with your schedule, please register anyway! Those who register for the webinar will receive the recorded version within 24 hours after the scheduled session.



**Register for the webinar
here!**

Maven Moments - Preparing for Parenthood & Newborn Care: Essential Insights for Expecting and New Parents

Join us for a live event led by a Maven provider to learn essential insights for both expecting and new parents. This session will cover postpartum recovery information, ways to support your partner, how to foster a bond with your baby, guidance on newborn care, and more.

Tuesday, September 9 at 12 pm

Click here to register or to watch archived recordings of previous webinars.

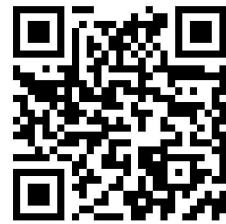


Explore and bookmark the website today

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

friendly place!

myschoolbenefits.org



Resources

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [844-946-6218](tel:844-946-6218).

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.

United Concordia

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 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.



Try email marketing for free today!