

Your Benefits Bulletin

Volume 3, No. 7 | May 5, 2026



Join the Challenge!

Congratulations to the Spring Walking Challenge Winners!

Congratulations to the **800 participants from 92 member schools** who took part in our six-week Spring Walking Challenge!

In addition to many individual weekly winners, we're pleased to announce the **three grand prize-winning teams**:

1. The Philadelphia School - crossed the finish line first
2. The Institutes - most improved
3. Academy of the New Church - highest daily participation

Well done to all of our winners, and to everyone who participated. Keep up the great work, and keep moving!

"Stress Less" Challenge Begins June 1

Get ready to kick off summer with a little more calm and a lot less stress! Mark your calendars for the "Stress Less" Challenge, happening June 1–30 through Wellable. Throughout the month, you'll earn points by completing simple, stress-reducing activities designed to help you feel more balanced and refreshed.

Join in and make your well-being a priority this June!

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



Medical

Have you set up your Garner account yet?

As the school year winds down, many of you use the summer months to catch up on important doctor visits. If you're enrolled in the HBT's EPO, PPO or High-deductible medical plans, don't miss out on **Garner**, a FREE benefit designed to help you find high-quality care and save money.

The Garner logo is displayed in a green, lowercase, sans-serif font with a trademark symbol (TM) to the upper right of the word.

Garner makes it easy by identifying "Garner Top Providers" — doctors in your network who have a proven track record of delivering excellent patient outcomes.

When you see a Garner Top Provider, you can get reimbursed for your out-of-pocket medical costs. **Garner will help cover up to \$1,000 for individuals or up to \$2,000 for families.**

Over the past three weeks, more than 127 claims have been paid with over \$12,000 in reimbursements paid to Garner-enrolled employees!

Take a few minutes now to create your account and set up your Care Team. Then schedule your appointments this summer with confidence!

[Create your Garner account here!](#)

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](#).

Telemedicine for Allergy Relief

Spring is in full swing - and so is allergy season - bringing symptoms like sneezing, congestion, and itchy eyes. The good news is you can access care from home through Highmark's Well360 Virtual Health, giving you a fast and easy way to connect with licensed providers. Whether you need help managing seasonal allergies or care for a non-emergent illness, telemedicine is a great option to address your concerns without the need for an in-office visit.



[Click here to view a flyer on Well360 Virtual Health.](#)

To schedule a Well360 Virtual Health visit, log in to your Highmark member portal or create an account at [MyHighmark.com](#).



Benefit Partner Spotlight

[Support for Every Path to Parenthood](#)

Building a family looks different for everyone - and Maven is here to support you every step of the way. Through Maven, members have access to a dedicated personal care advocate and educational resources that can help guide you through your family-forming journey. In addition, members may access up to \$10,000 in lifetime reimbursements for eligible fertility and family-forming services.



Maven also offers support beyond family forming, including resources to enhance your overall well-being. Be sure to check out the upcoming *Maven Moments Webinar*, where a Maven provider will share essential insights for better sleep for the whole family, including understanding how sleep affects your health, sleep tips for pregnancy and newborns, helping kids build healthy sleep habits, finding better sleep in midlife, and more.

Habits to Improve Sleep for You and Your Family
Tuesday, May 12 at 12 pm

[Register for the webinar here!](#)



Upcoming Webinars

Wellable Live Virtual Events

Join Wellable this May 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. May's featured topics include:

- Talk Tuesday - **Realizing Resilience**
- Workout Wednesday - **Full Body Bootcamp**
- Thrive Thursday - **Body Scan Meditation**



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

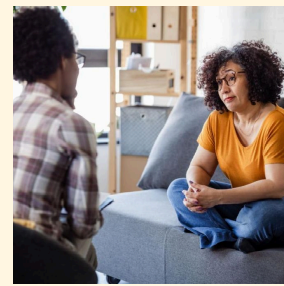
[Haven't signed up for Wellable yet? Register here!](#)



Health Observances

Mental Health Awareness Month

Behind everyday routines, many people are quietly navigating mental health challenges. In fact, according to the **Centers for Disease Control and Prevention**, about 23% of U.S. adults (nearly 1 in 5) live with a mental health condition, including 6% who experience serious conditions that significantly impact daily life, while roughly 20% of adolescents ages 12–17 also have a diagnosed mental or behavioral health condition.

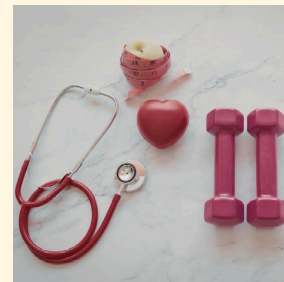


Asking for help is a sign of strength. Your Highmark medical plan offers a variety of resources to support you with your mental health needs, including an expansive network of mental health providers.

To find an in-network mental health provider, visit [MyHighmark.com](https://www.mychighmark.com) or call the Concierge at **844-946-6218**.

American Stroke Month

May is American Stroke Month, a time to bring awareness to stroke risks and prevention. According to the **American Stroke Association**, about 80% of strokes are preventable by managing key risks including high blood pressure, high cholesterol, diabetes, and other lifestyle behaviors. Proactive steps such as eating a balanced diet, exercising, and avoiding smoking can help lower your risk of stroke and support your long-term health.



Your health plan through Highmark supports prevention through covered screenings, which can help identify risk factors early.

[Click here to learn more about recommended preventive care and screenings.](#)

In addition, members have access to Noom, which provides personalized coaching and resources to help build healthier habits. The program includes nutrition guidance, weight management support, and behavior change strategies that can help reduce key stroke risk factors.

[For more information on Noom and how to enroll, view the flyer here.](#)

Explore and bookmark the website today

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

myschoolbenefits.org



myschoolbenefits.org

Find information about the healthcare benefits your school provides through the PAISBOA Health Benefit Trust in one user-friendly place.

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).

Garner Health Reimbursement

Use this link to join. Need assistance? Contact the Concierge team via the in-app chat or email concierge@getgarner.com.

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Noom

Visit our website to join. For support, email partnersupport@noom.com.

Wellable

Use this link to join. Email 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. Indicate you are enrolled in benefits through the PAISBOA HBT.

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!