

## Your Benefits Bulletin

Volume 5, No. 11 | September 3, 2025

### Back to School, Back to Benefits

With a new school year underway, it's time to review your healthcare benefit options.

Be sure to attend your school's **Open Enrollment** meeting or connect with your Business Officer or Human Resources representative to learn about the comprehensive benefits available through the PAISBOA Health Benefit Trust.

Taking the time now to evaluate your options can make a big difference for your health and provide peace of mind in the year ahead!



### Medical

#### Stay Healthy This School Year: Get Your Flu Shot

With flu season quickly approaching, the best way to protect yourself and those around you is by getting your annual flu shot. IBX members are eligible to receive a flu shot at no cost when using an in-network provider or pharmacy. The flu shot is recommended for everyone ages 6 months and older to help protect against illness. Don't wait - schedule your flu shot and stay protected this season!

[Click here to learn more about the flu vaccine.](#)

Call the IBX Champion customer service team with any questions at **833-444-2583** (BLUE).



### Telemedicine

## Back to School...and back to germs

The start of school can bring sniffles, coughs, and other illnesses. With Doctor On Demand by Included Health, you have 24/7 access to urgent and mental health virtual care. Services include:

- cold, flu, and COVID-19
- allergies
- sinus infections
- depression & anxiety
- skin conditions
- and more!



[Click here to log in and/or create an account.](#)

**Be sure to enter "PAISBOA" as your employer so the correct cost-share is applied.**

Cost-sharing for all medical, therapy, and psychiatric visits with Doctor On Demand is \$10\* through October 31, 2026.

*\*Participants on a high-deductible health plan must first satisfy their applicable deductible.*



## Health Observances

### National Recovery Month

September is National Recovery Month, an observance launched by the **Substance Abuse and Mental Health Services Administration (SAMHSA)** to raise awareness about substance use and treatment and promote evidence-based treatment and recovery practices.

If you or a loved one are seeking support, remember that your medical benefits through IBX includes coverage for recovery-related services, such as treatment programs and behavioral health resources.

Call the Mental Health/Substance Abuse number on the back of your member ID card at 1-900-688-1911 for one-on-one support. The Behavioral Health Care Navigation Team can help you find in network care, answer specific questions about benefits and claims, or connect you to a licensed clinician for in-the-moment support if needed.

[Click here for a flyer with behavioral health providers listed by specialty and ages treated. It includes those providers that specialize in substance abuse disorders.](#)



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



**[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).

**IBC Benefit Flyers**

Use this link to access flyers for our many benefits.

**\$200 Achieve Well-being Annual Award**

Find instructions to get your \$200 after logging into your personal portal at [ibx.com](https://ibx.com).

**Doctor on Demand Telemedicine**

To join, enter “PAISBOA” as your employer.

**VBA Vision Benefits**

View benefits summary, claims, and print ID card.

**Maven Fertility and Family-forming Benefits**

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 or email [hbtsupport@connerstrong.com](mailto: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.

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