



## Your Benefits Bulletin

Volume 2, 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.

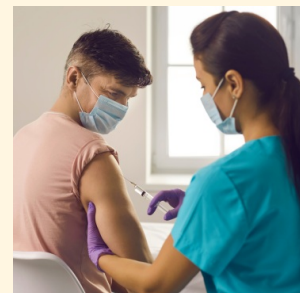
Taking the time now to evaluate your options can make a big difference for your health and provide peace of mind in the year ahead!



### 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. Highmark 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 Highmark Concierge customer service team with any questions at **844-946-6218**.

### Skip the Waiting Room with Telemedicine

The back-to-school season is busy, and finding time for

doctor's appointments can be a challenge with a packed school schedule. With telemedicine, you can access convenient healthcare anytime, anywhere. Telemedicine can be a great option to treat the common cold and flu-like symptoms, and can also be used to address behavioral health conditions such as stress, anxiety, and depression.

All Highmark members have access to telemedicine through Well360 Virtual Health, available directly through your Highmark member portal.

[Click here for a flyer to learn more about Well360 Virtual Health.](#)



## 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 Highmark include coverage for recovery-related services, such as treatment programs and behavioral health resources.



Call Highmark at **844-946-6218** or visit **MyHighmark.com** to find in-network care and ask specific questions about recovery-related services.



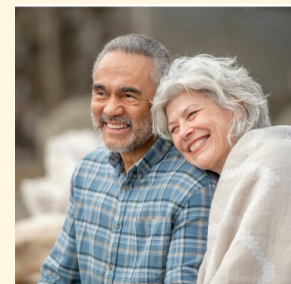
## Upcoming Webinars

### 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.



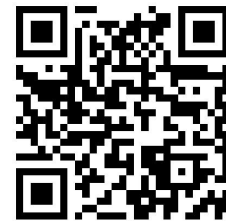
**Tuesday, September 9 at 12 pm**

**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)**



## **Resources**

### **Highmark**

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at **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](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.

PAISBOA Health Benefit Trust | 301 Iven Avenue Suite 315 | Wayne, PA 19087 US

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