



Mental Health Resources

included in your benefits with PAISBOA Health Benefit Trust (HBT)

Medical Coverage for Mental Health Care

Your medical benefits administered by IBX include coverage for mental and behavioral health services. Coverage details are available at ibx.com/paisboa. To find in-network care:

Visit ibx.com/paisboa

Log into your member portal to find a doctor by name or specialty.



Call an IBX Care Advocate

An IBX Mental Health/Substance Abuse Customer Care Advocate can help you find in-network care, answer specific questions about benefits and claims, schedule appointments, and connect you to a licensed clinician for in-the-moment support if needed. The team includes a live clinical triage member for crises. Call **1-800-688-1911**.

If your school offers a Health Savings Account (HSA) or a Flexible Spending Account (FSA), you should be able to use these funds to pay for your mental health care with licensed providers.



Telemedicine for Body & Mind

through Doctor on Demand

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand, 24/7. When creating your account, select PAISBOA as your employer to receive the correct co-pay, which is \$10 per visit through October 31, 2025. (Those on the HDHP must first satisfy their applicable deductible.) Get started at doctorondemand.com.



Mental Health Coaching

through Teladoc Health

Get evidence-based self-guided digital content and tools for wherever you are in your mental health journey. Access care when you need, whether in-person or virtually, through the Teladoc health app.

Join at teladochealth.com.



Wellness Coaching

Receive help identifying and setting goals in areas you want to make lifestyle changes, such as managing stress. A Wellness Coach can provide new ideas, resources, support, and accountability for reaching your goals. Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Wellness Coach.



Employee Assistance Program (EAP)

through Health Advocate

Member schools that offer Unum have access to a **FREE** EAP designed to help you lead a happier and more productive life. Get support from a Licensed Professional Counselor or a Work/Life Specialist. Call

1-800-854-1446 or visit unum.com/lifebalance.

For additional resources, visit myschoolbenefits.org

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Call or text 988 for the Suicide and Crisis Lifeline
to get **FREE** 24/7 support for suicidal, mental health, and/or substance use crises.