



Innovative Wellness Offerings

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



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.

If you're creating a new account, select PAISBOA as your employer to receive the correct co-pay. Cost-sharing is \$10 for all medical, therapy, and psychiatric visits through October 31, 2026. Those on an HDHP must first satisfy their applicable deductible. Get started at doctorondemand.com.



Weight Loss

through Noom

Noom is a science-backed, digital program that uses psychology and behavior change to help you build healthier habits and achieve sustainable weight loss. Employees enrolled in an HBT medical plan are eligible to join Noom at no cost. Enrolled employees who clinically qualify are eligible for Noom's GLP-1 Rx Program, which includes anti-obesity medications at an exclusive discount through Noom's self-pay program. Register at myschoolbenefits.org/weight-loss-benefits.



Mental and Behavioral Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. An IBX Mental Health/Substance Abuse 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. To find more information about mental health resources, visit myschoolbenefits.org/mental-health-resources.



Wellness Rewards

through Wellable

Wellable offers a comprehensive platform of fun and engaging activities, resources, and rewards designed to support your overall health and well-being.

Employees and spouses/partners enrolled in an HBT medical plan are eligible to participate in the program and earn up to \$50 in gift card rewards per quarter. Learn more at myschoolbenefits.org/wellness-rewards-program.



Provider Navigation

through Garner Health

Through Garner Health, members enrolled in the HBT's PPO or HDHPs can get data-driven help finding the best doctors while lowering out-of-pocket medical expenses. Using Garner's search tool, easily locate in-network Top Providers—doctors proven to follow best practices, make accurate diagnoses, and deliver excellent results. When you visit a Top Provider, Garner will reimburse you for eligible out-of-pocket expenses. Learn more at myschoolbenefits.org/garner.



Make the most of your health plan. Visit the PAISBOA HBT member site.

Here in one user-friendly place, you'll find information and resources about all the benefits your school provides through the HBT.

myschoolbenefits.org

Be sure to check the site for **wellness challenges & webinars** held throughout the year!



Fitness Membership Reimbursement

Get up to \$150 back on an approved fitness center or virtual fitness subscription when you complete 120 workouts. Learn more at myschoolbenefits.org/medical-prescription-drug



Tobacco Cessation Program Reimbursement

Get up to \$150 back when you complete an approved tobacco cessation program. Learn more at myschoolbenefits.org/medical-prescription-drug



Nutrition Counseling

Get six free nutrition counseling visits with a participating registered dietitian, your primary care provider, or another network provider to assess your diet and set personal goals for better eating habits and weight management. Learn more at myschoolbenefits.org/medical-prescription-drug



Nurse Health Coaching

Access a registered nurse Health Coach who is available 24/7 to help you: address everyday health concerns, prepare for doctor visits and procedures, better understand a diagnosis and treatment plan, manage a chronic condition, and more.

Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Nurse Health Coach.



Fertility & Family-Forming

through Maven

Get personalized support and financial assistance throughout your journey to parenthood, including 24/7 virtual access to top-rated providers, a dedicated Care Advocate, on-demand content & virtual classes, and \$10,000 on eligible expenses.

Download the Maven Clinic app at myschoolbenefits.org/fertility-family-forming-benefits



Weight Management Program Reimbursement

Get up to \$150 back when you participate in an approved weight management program. Learn more at myschoolbenefits.org/medical-prescription-drug



Savings on Fitness, Nutrition & Wellness

through Husk Marketplace

Get exclusive deals and discounts on gyms and fitness centers, fitness equipment, wearable technology, and more! Learn more at myschoolbenefits.org/medical-prescription-drug

Featured Provider: Husk Virtual Nutrition

Not sure where to go for your six free nutrition counseling sessions? Try Husk Virtual Nutrition! Connect one-on-one with a registered dietitian to establish health goals, develop a nutrition plan, access a resource library & more. Learn more at www.myschoolbenefits.org/medical-prescription-drug or register at register.nutrition.huskwellness.com/register.

For important details about your plan, help accessing your benefits, and tips and tools to maximize your well-being, please visit myschoolbenefits.org.

Or contact the Benefits Member Advocacy Center at **888-984-1186** hbtssupport@connerstrong.com.



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