

Your Benefits Bulletin

Volume 6, No. 4 | February 4, 2026



Be Your Own Valentine

February is the perfect time to focus on self-love, and that begins with your health! Being your own Valentine means prioritizing your well-being, and one of the best ways to do that is by staying up to date with preventive care exams and screenings. This month, show yourself some love by making your health a priority.

[Click here for Preventive Care Guidelines for Adults.](#)



NEW - GARNER HEALTH Reimbursement Benefit -- COMING SOON!

garner™

Finding a great doctor can be difficult. How do you know who delivers the best care? We're excited to introduce a **NEW** program through Garner Health for plan participants enrolled in the PAISBOA HBT's PPO or High-Deductible Health Plans.*

This program connects members with Garner Top Providers, which are doctors in the network who have a proven track record of delivering high quality care. And when you choose to visit a Garner Top Provider, you may get reimbursed for out-of-pocket medical costs of up to \$1,000 for individuals or \$2,000 for families. *Expenses eligible for reimbursement begin on March 1, 2026.*

More information about Garner Health, including details on how to register for upcoming virtual Education Sessions will be shared via email very soon! These sessions will give you the opportunity to learn more about this new benefit and will also cover how to enter for chance to win a \$50 Visa gift card.

*Plan participants enrolled in an HMO plan are not eligible to participate in Garner Health, as they benefit from built-in care coordination through their primary care physician.



Join the Challenge!

Challenge News & Announcements

Thank you to everyone who participated in our first ever Nutrition Ambition Challenge! Congratulations to **Jennifer Lee** from **Germantown Academy**, who participated in the challenge by logging daily healthy habits and was randomly selected as our challenge winner! We hope this challenge helped you learn more about healthy eating habits and inspired you to put them into practice.



The Spring Walking Challenge is just around the corner!

The ever popular walking challenge begins on the first day of spring, March 20th, and will run for six weeks. This year's theme is "The Power of Steps" and by taking 7,500 steps each day, you'll travel virtually to unlock new milestones that highlight the science-backed benefit of walking.

More details about the challenge will be shared in next month's newsletter—stay tuned!



Health Observances

National Cancer Prevention Month

According to the **National Cancer Institute**, cancer is one of the primary causes of death worldwide, and it is estimated that over 2 million individuals in the United States received a cancer diagnosis in 2025. February is National Cancer Prevention month - a time to bring awareness to the disease and take meaningful steps to reduce our cancer risk. In addition to following healthy lifestyle habits to help prevent cancer, it's important to stay up to date with recommended screenings, which can detect cancers early when they are the most treatable.

Many recommended cancer screenings are covered at no cost through your IBX medical plan when you see an in-network provider. Take advantage of these preventive benefits and talk to your doctor about which screenings are right for you.



[Click here to view a list of recommended preventive care services, including cancer screenings.](#)

American Heart Month and Wear Red Day

In the United States, 1 out of every 5 deaths is linked to heart disease, according to the **Centers for Disease Control (CDC)**. To spread awareness and show support for those impacted by heart disease, you are encouraged to wear red on February 6th - **National Wear Red Day**. Maintaining a healthy diet, exercising regularly, and not smoking can reduce your risk of heart disease.



[Click here to explore heart disease prevention tips from the CDC.](#)



Upcoming Webinars

Wellable Live Virtual Events

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

- Talk Tuesday - **Smart Nutrition For a Busy Lifestyle**
- Workout Wednesday - **Sculpt and Strengthen**
- Thrive Thursday - **Best Self Visualization**



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

Retirement Planning Made Simple

Start planning for your future today with expert guidance and practical resources. The PAISBOA Association is hosting a *FREE* Retirement Planning webinar for employees of our member schools, designed to help individuals plan confidently and effectively for retirement. Attendees will hear from a panel of experienced professionals who will cover key aspects of retirement, including Estates and Trusts, Social Security, Medicare, Retirement Funding, and more!



Choose the session that best works for your schedule and register using the buttons below.

Tuesday, February 10th: 10 am - 12:30 pm

Thursday, February 12th: 5 - 7:30pm

[Click here for the list of presenters and topics.](#)

[To learn more about Medicare and if it's right for you, 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



Resources

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 \(2583\)](tel:1-833-444-BLUE).

IBC Benefit Flyers

Use this link to access flyers for our many benefits.

Doctor on Demand Telemedicine

To join, enter “PAISBOA” as your employer.

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 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 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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