



## Innovative Wellness Offerings

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



### 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

[ibx.com/htdocs/custom/paisboa/resources/flyers.html](https://ibx.com/htdocs/custom/paisboa/resources/flyers.html)

#### Featured Provider: Ramp Health

Not sure where to go for your six free nutrition counseling sessions? Try Ramp Health!



Schedule virtual appointments, take self-guided courses, receive healthy lifestyle resources & more. Scan the code to get started or visit [portal.ramphealth.com/#register/general/pais148](https://portal.ramphealth.com/#register/general/pais148)



### Diabetes Management

*through Teladoc Health*

Get unlimited free strips and lancets, a free blood sugar meter, monitoring, and expert support 24/7 to help you manage your diabetes. Learn more at [ibx.com/htdocs/custom/paisboa/resources/flyers.html](https://ibx.com/htdocs/custom/paisboa/resources/flyers.html)



### Hypertension Management

*through Teladoc Health*

Receive a free blood pressure monitor, tracking through an app, personalized health nudges, and live sessions with a certified chronic care coach. Learn more at [ibx.com/htdocs/custom/paisboa/resources/flyers.html](https://ibx.com/htdocs/custom/paisboa/resources/flyers.html)



### Mental Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. To find more information about mental health resources, visit [myschoolbenefits.org/mental-health-resources](https://myschoolbenefits.org/mental-health-resources).

**MH**

Look for this symbol throughout the wellness flyer for additional wellness resources to support your mental health.



### Achieve Well-being \$200 Reward

Earn \$200 in gift cards by completing five healthy tasks each year!\* Visit [myschoolbenefits.org/wellness](https://myschoolbenefits.org/wellness) and download the Achieve Well-being Overview to learn how to get started.

\*Enrolled employees and their enrolled spouses/partners are eligible for this reward.



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



## Fitness Center Membership Reimbursement

Get up to \$150 back on your fitness center membership when you complete 120 workouts at an approved facility. Learn more at [ibx.com/pdfs/custom/paisboa/paisboa-fitness-reimbursement.pdf](https://ibx.com/pdfs/custom/paisboa/paisboa-fitness-reimbursement.pdf)



## Weight Management Program Reimbursement

Get up to \$150 back when you participate in an approved weight management program. Learn more at [ibx.com/pdfs/custom/paisboa/paisboa-weight-management-reimbursement.pdf](https://ibx.com/pdfs/custom/paisboa/paisboa-weight-management-reimbursement.pdf)



## Tobacco Cessation Program Reimbursement

Get up to \$150 back when you complete an approved tobacco cessation program. Learn more at [ibx.com/pdfs/custom/paisboa/paisboa-tobacco-cessation-reimbursement.pdf](https://ibx.com/pdfs/custom/paisboa/paisboa-tobacco-cessation-reimbursement.pdf)



## 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.



## Wellbeing Hub MH

Access free resources and live monthly workshops through the online Wellbeing Hub for help managing mental, emotional, and physical health. Find mindfulness exercises, yoga classes, healthy recipes, and more! Sign up at [hub.onthegoga.com/paisboa/sign-up](https://hub.onthegoga.com/paisboa/sign-up)



## 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 [mavenclinic.com/join/takecare](https://mavenclinic.com/join/takecare)



## Telemedicine MH for Body & Mind

*through Doctor on Demand*

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand. From colds to cholesterol and depression to stress, DOD providers are a click away, 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, 2024. Visit [doctorondemand.com](https://doctorondemand.com) to get started.

\*Those on the HDHP must first satisfy their applicable deductible.

For important details about your plan, help accessing your benefits, and tips and tools to maximize your well-being,

Please visit [myschoolbenefits.org](https://myschoolbenefits.org)

Or contact the Benefits Member Advocacy Center at **888-984-1186** or [hbt-support@connerstrong.com](mailto:hbt-support@connerstrong.com)



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