

Your Benefits Bulletin

Volume 5, No. 1 | November 4, 2024

Wishing you a Thanksgiving filled with good health, gratitude, and cherished moments!

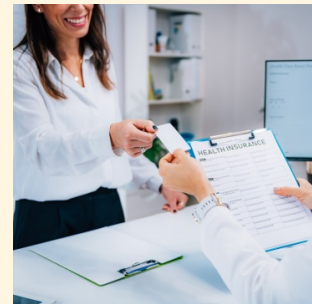
Medical

NEW IBX Member ID Card

Your new IBX medical/Rx identification (ID) card should have arrived in your mailbox or you will receive it any day now. If you have not yet received your ID card in the mail, you may access your digital ID card once you've logged in to your member portal at ibx.com or on the IBX App.

Please be aware that you **MUST** present your new ID card(s) the first time you visit any and all doctors, specialists, and pharmacies in order for your claims to be processed correctly.

[Click here to learn more about your new member ID card.](#)

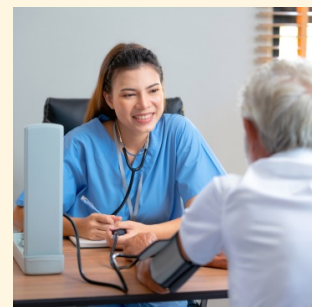


Get a FREE Biometric Screening

You can visit a LabCorp location for a free health screening through On Site Health Diagnostics. This is an opportunity for you to know your numbers and get readings for cholesterol, HDL, calculated LDL, triglyceride, calculated cholesterol/HDL ratio, glucose, height, weight and blood pressure.

Register an account here and get your voucher to print and present at a LabCorp Patient Service Center location.

Vouchers for a free biometric screening through OnSite Health Diagnostics will expire on December 31, 2024.



Dental

New Dental Coverage Through United Concordia

If your school provides the dental plan offered by the PAISBOA HBT, your coverage has changed from Delta Dental to United Concordia, effective November 1, 2024. The transition to United Concordia brings a broader provider network, making it easier to access in-network care and reduce your out-of-pocket costs. Members who enrolled in dental coverage for the plan year beginning November 1, 2024 should have received a welcome letter in the mail from United Concordia.



Your oral health is an important part of your overall wellbeing, and we encourage you to schedule your preventive exam and cleaning. At your next dental visit, be sure to advise your provider that your insurance has changed to United Concordia.

[Click here for a flyer with more information.](#)



Upcoming Webinars

Depression, Anxiety and Burnout

For some individuals, feelings of depression, anxiety and burnout may seem insurmountable. Those experiencing these kinds of conditions are far from alone, but recognizing when extra support is needed is critical. This webinar will define these conditions, including signs and symptoms and ways to seek help when needed. The session will be facilitated by [Nina Mincarelli](#), of Health Advocate EAP.



***Depression, Anxiety and Burnout:
Moving Toward Hope and Health***

Thursday, December 5th at 4 pm

If you can't attend at 4:00 pm, please register anyway! The webinar will be recorded and emailed to those who register.

[Click here to register today!](#)



Health Observances

November is American Diabetes Month

According to the [Centers for Disease Control \(CDC\)](#), about 38 million adults in the United States have diabetes and 1 in 5 of those remain undiagnosed. Diabetes is the 8th leading cause of death in the U.S. and in the last 20 years, the number of adults diagnosed with diabetes has more than doubled as the American population has aged and become more overweight or obese.

What can you do?

It's important to know your numbers! Visit your doctor and complete your annual lab work to monitor your glucose and overall health.

If you do have a diagnosis, you can better manage your diabetes through the [Teladoc Health](#) program which is available at **\$0 cost to you!** Once you're enrolled, you'll get an advanced blood glucose meter, unlimited strips and lancets, and one-on-one coaching.

[Click here to learn more.](#)



Lung Cancer Awareness Month

Lung cancer is the leading cause of death for men and women in the United States according to the [CDC](#), and about 209,000 Americans are diagnosed each year. You can lower your risk of developing lung cancer by not smoking or quitting smoking and talking to your doctor about whether a lung cancer screening is right for you.

If you smoke, consider participating in the [Great American Smokeout](#) on November 21st and begin your journey toward a smoke-free life. This nationwide event, sponsored by the American Cancer Society, is a significant step towards improved health and lowering your cancer risk.

You can get **reimbursed \$150** by completing an approved Tobacco Cessation Program through the IBX Healthy Lifestyles program.

[Click here to learn more.](#)



Are you near age 65 or approaching retirement?

HTA Insurance Services offers education and guidance about Medicare services so that you feel empowered to make informed choices when transitioning your healthcare coverage. They will provide a phone consultation at no cost, followed by a summary outlining a specific action plan based on your health needs and personal situation.

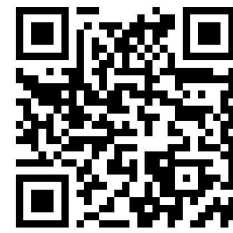
Employees who are 65 or older and are still working full-time may remain enrolled in their school-sponsored benefit plan or may enroll in Medicare.

Medicare's open enrollment period is underway and ends on December 7th.

[Click here to learn more.](#)



Find information about the benefits your school provides in one user-friendly place!



[Explore and bookmark the new website today](#)

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.

[\\$200 Achieve Well-being Annual Award](#)

Find instructions to get your \$200 after logging into your personal portal at ibx.com.

[TruHearing](#)

Call [1-888-933-7861](tel:1-888-933-7861) (TTY:711) to speak with a Hearing Consultant who will answer your questions, explain coverage, and schedule an appointment with a TruHearing provider.

[Doctor on Demand Telemedicine](#)

To join, enter “PAISBOA” as your employer.

[VBA Vision Benefits](#)

View benefits summary, claims, and print ID card.

[Maven Fertility and Family-forming Benefits](#)

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](tel:1-888-984-1186) or email hbtssupport@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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