

Your Benefits Bulletin

Volume 2, No. 5 | March 5, 2025

Congratulations to the winners of our "Mind the Gap - Get Preventive Care" challenge! So many of you attested to getting the [recommended preventive care](#) to stay healthy and well—you're all winners in our eyes! Keep up the great work in prioritizing your health.

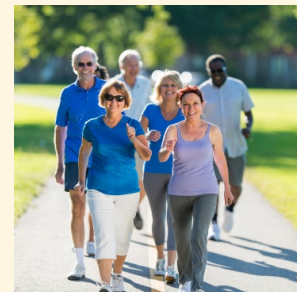
Now it's time for the next challenge...



Join the Challenge!

Spring Walking Challenge: March 20 – April 30

Celebrate the first day of spring on March 20th and join the six-week "Building Healthy Habits" Walking Challenge! Join the team at your school to get active, show your school spirit, reduce stress, and boost your overall health. By taking 7,500 steps each day, you'll travel virtually across the U.S. while learning valuable tips to create habits that will help you live a happier, healthier life!



How to enter your steps/activity

You don't have to be an avid walker or runner to participate. Any physical activity you do – whether it's yoga, swimming, or dancing – can be converted into steps. Sync your device by downloading the app or by manually entering your daily steps on the portal.

Complete weekly challenges for a chance to win

You can win prizes for completing individual weekly challenges, which will be highlighted in the portal.

Three chances to win a grand prize

Member schools will compete as a team* and have three chances to win a grand prize!

1. The team to cross the finish line first
2. The most improved team
3. The team with the most participation

*Teams must be comprised of more than 5 individuals to be eligible for the grand prize.

Registration is open throughout the challenge but get a head start by registering before the challenge opens on March 20th!

You must create a new account even if you have participated in past walking challenges.

Click here for a **FLYER** and **FAQ document**.

Register here today!

Or visit myschoolbenefits.org for details and to register.

Medical

Blue Distinction® Specialty Care

Finding high-quality medical care that you can trust is important, which is why the Blue Cross Blue Shield Association has designated centers of excellence that have proven to deliver exceptional care and patient outcomes. Blue Distinction® Centers demonstrate treatment expertise and quality care, while Blue Distinction® Centers+ provide cost-effective, quality care. Health care facilities and providers offering specialty medical care in the following categories are recognized under the program:

- Cancer care
- Cardiac care
- Weight loss surgery
- Maternity care
- Transplants
- And more!

Click here to find a list of doctors, hospitals, and other healthcare facilities that carry the Blue Distinction® or Blue Distinction® Center+ status.



Wellness Programs

Earn a \$200 Digital Amazon Gift Card!

As a PAISBOA Health Benefit Trust member, you can earn a \$200 digital Amazon gift card by completing 4 healthy activities now through October 31, 2025!

To get started, log in to the Highmark member portal either through the app or at myhighmark.com. Please be advised that in order to gain access to the wellness reward program, you must acknowledge the annual authorization agreement at the bottom of the home screen on your member portal.

Click here to view a flyer on the Be Well \$200 Rewards Program.

You may also access more detailed program instructions by viewing the guidebook here.





Health Observances

Colorectal Cancer Awareness Month

According to the [American Cancer Society](#), colorectal cancer is the second leading cause of cancer death in the U.S. for men and women combined. In 2025, the American Cancer Society estimates 154,270 people will be diagnosed, and 52,900 will lose their lives to this disease.



The good news is that colorectal cancer is one of the most preventable cancers with regular screenings and early detection. When caught early at the localized stage, the 5-year survival rate is 91%, and many individuals achieve full recovery, living long, healthy lives. However, when detected at later stages, the 5-year survival rate drops significantly down to 14%. Consistent screening and early detection truly save lives!

What Can You Do? Be sure to consult with your doctor to determine when colon and rectal screening is appropriate for you as it is dependent on age, family history, and risk factors.

[Click here for a comprehensive resource guide of all preventive services.](#)

National Nutrition Month® –“Food Connects Us”

Every March, we celebrate National Nutrition Month®, a campaign sponsored by the Academy of Nutrition and Dietetics. This year’s theme, “Food Connects Us,” explores how food shapes our lives through factors such as health, memories, traditions, seasons, and access. These factors influence the foods we eat, which impact our health.



Registered Dietician Nutritionists (RDNs) and Nutrition Dietetics Technicians (NDTRs) are highly recommended resources to help you navigate and understand your unique relationship with food and support your long-term health.

As part of your Highmark medical plan, you have access to Wellness Coaches who can help you with healthy eating and nutrition basics.

[Click here for a flyer to learn more.](#)

[Click here for tips on planning nutritious meals from the Academy of Nutrition and Dietetics.](#)



Upcoming Webinars

All About Antioxidants & Cancer Prevention

Join us for an informative webinar where we'll explore:

- The basics of cancer and its risk factors
- The role of antioxidants in disease prevention
- Top fruits and vegetables to incorporate into your diet for optimal health

We'll break down how antioxidants work and highlight key foods to help maximize your well-being. The session will be facilitated by Debbie James, Registered Dietician, of Wellness Concepts.



All About Antioxidants & Cancer Prevention Tuesday, April 8th 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.

[A flyer about the webinar may be found here.](#)

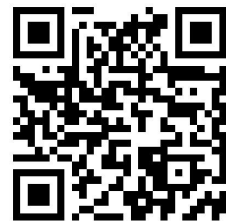
[Click here for a great resource about how antioxidants work and a list of foods to start adding to your diet.](#)

[Register for the webinar here!](#)

Explore and bookmark the website today

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

myschoolbenefits.org



Resources

Highmark

View medical and Rx benefits, claims, ID card, and more. Questions? Call the member services team at [844-946-6218](tel:844-946-6218).

VBA Vision Benefits

View benefits summary, claims, and print ID card.

Maven

For support, email support@mavenclinic.com. Indicate that you are enrolled in benefits through the PAISBOA Health Benefit Trust.

United Concordia

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 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 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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