

## Your Benefits Bulletin

Volume 2, No. 3 | January 8, 2025

*Happy New Year! Best wishes for a year of good health, happiness, and prosperity in 2025!*



### Medical

#### Mind the Gap - Get Preventive Care!

The PAISBOA Health Benefit Trust (HBT) is thrilled to launch the 2025 **Mind the Gap – Get Preventive Care** campaign, to encourage regular health screenings for early detection and better long-term health!

To kick-off this initiative, we're introducing a fun challenge! Complete the following two activities by February 18<sup>th</sup> to be entered into a random drawing to win a set of AirPods:

1. **Review and attest to your commitment to following the [Preventive Health Guidelines](#) to the best of your ability. Complete the attestation [HERE](#). *Be sure to include your email address if you would like to be entered into the raffle.***
2. **Complete the [Preventive Care Crossword Puzzle](#). *If you would like to be entered into the raffle, be sure to select "click here to identify yourself" before clicking "start" and enter the same email address you entered for the attestation.***

**You may also click [here](#) to access the Preventive Health Guidelines and crossword puzzle on our website at [myschoolbenefits.org](https://myschoolbenefits.org).**



#### Mental Health Survey Coming Soon!

You'll receive an email later this month from the PAISBOA HBT with an invitation to participate in a brief, anonymous survey regarding your mental health and the programs

available through your benefits. Your input is crucial in helping us better understand your needs and improve the resources we offer. Help us help you!



## Wellness Programs

### Be Well \$200 Rewards Program

Make your well-being journey more rewarding by participating in the Be Well Rewards program! Now through October 31, 2025, all employees enrolled in a Highmark medical plan are eligible to earn a \$200 digital Amazon gift card by completing 4 healthy activities.



Log in to your Highmark portal, either through the app or at [myhighmark.com](https://myhighmark.com) to get started today! Please note 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 general overview on the Be Well \\$200 Rewards Program.](#)

[You may also access more detailed program instructions by viewing the guidebook here.](#)

## Health Observances

### January is Cervical Health Awareness Month

According to the **National Cervical Cancer Coalition (NCCC)**, over 13,000 women in the United States receive a cervical cancer diagnosis each year. Because cervical cancer develops gradually, it is one of the most treatable types of cancers with early detection and intervention.



Regular Pap smears and Human papillomavirus (HPV) screenings are important tools to identify cervical cancer in its early stages. Because HPV causes over 99% of cervical cancers, getting the HPV vaccine may significantly reduce the risk of developing cervical cancer in the future.

Your medical benefits include coverage for cervical health screenings and services.

[Learn more about how to protect yourself against cervical cancer by visiting the NCCC website.](#)

## Glaucoma Awareness Month

January marks a time to bring attention to this serious eye disease that can cause lasting effects. Glaucoma can cause vision loss and even permanent blindness through damage to the optic nerve. According to the [Glaucoma Research Foundation](#), glaucoma is the leading cause for permanent vision loss and over 3 million Americans are impacted by this disease.



While there is no cure for glaucoma today, there are measures you can take to prevent the disease and mitigate vision loss if you are diagnosed. Regular eye exams are crucial for early detection of the disease. As an enrolled member of an HBT medical plan, you have access to comprehensive vision benefits through VBA.

**Visit [vbaplans.com](http://vbaplans.com) to create an account, find an in-network provider, and learn more about your benefits.**

**[Click here to view your VBA benefit plan summary.](#)**

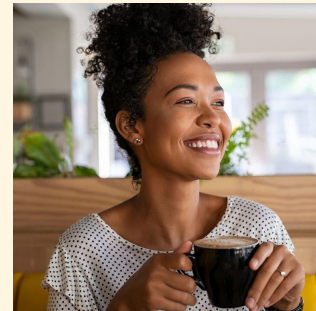


## Upcoming Webinars

### Power of the Positive: Cultivating Optimism

Optimism is all about perspective. Just when things seem to be going wrong or you feel like you're failing, a shift in perspective can bring clarity and light. This webinar will explore the definition of optimism and introduce practical ways to cultivate it, helping you maintain a positive approach to daily life.

The session will be facilitated by **Karen Beaudoin**, MSW, of Health Advocate EAP.



**Power of the Postive: Cultivating Optimism  
Thursday, February 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 and register for the webinar today!](#)**

### Explore and bookmark the website today

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

**[myschoolbenefits.org](http://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](mailto: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](mailto: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.

PAISBOA Health Benefit Trust | 301 Iven Avenue Suite 315 | Wayne, PA 19087 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!