

Your Benefits Bulletin

Volume 4, No. 11 | September 5, 2024

Welcome back!

School is in session, and it's time to review and select your healthcare benefits!

Be sure to attend your school's **open enrollment** meetings and/or consult with your Business Officer or Human Resources department for specific information regarding the comprehensive healthcare benefits your school provides through the PAISBOA Health Benefit Trust (HBT).

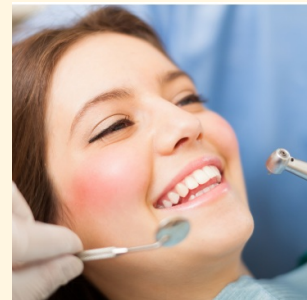


NEW Dental Coverage

If your school provides the dental plan offered by the PAISBOA HBT, your coverage is changing from Delta Dental to United Concordia, *effective November 1, 2024*. United Concordia offers a larger network with an additional 600 in-network dentists. You'll save money by staying in network for your dental care.

Visit UnitedConcordia.com/FindADentist to locate an in-network dentist near your home or work. When prompted to select your dental network, select "**PAISBOA HBT**" in the drop-down menu.

If you elect dental coverage for the new plan year, you will receive a welcome letter in October with benefit information.



Benefit Partner Spotlight

Diabetes and Hypertension Management at \$0 Cost

As an enrolled member of the IBX medical plan you have access to health tools at NO COST to help manage diabetes and high blood pressure through **Teladoc Health** (formerly Livongo).

The program for diabetes management provides a connected



glucose meter, unlimited strips & lancets, tips, and one-one-one coaching. The program for high blood pressure management includes a connected blood pressure monitor, action plans based on your goals, tips, and one-one-one support from expert coaches.

[Click here to register](#) or call 800-835-2362.
Use registration code: **HBT**

[Click here for more information and FAQs.](#)

Medical

It's not too late to earn \$200!

Have you visited your primary care doctor? Had a preventive health screening?

As a PAISBOA Health Benefit Trust member, you and your enrolled spouse/partner can earn \$200 in gift cards just by completing five healthy actions **before October 31, 2024!**

Gift card rewards are available from hundreds of retailers and restaurants such as Amazon, Starbucks, TJ Maxx... and Visa too.

Log in to your personal portal at ibx.com, go to your Dashboard > Rewards & Incentives > Achieve Well-being Rewards.

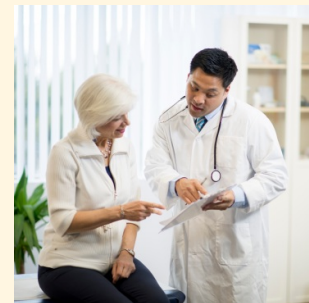
Call the **Champion customer service team** at 833-444-BLUE(2583) with any questions.



Looking for a new Primary Care Physician (PCP)?

If you're looking for a primary care physician (PCP), be sure to review their credentials and check patient reviews and ratings. Don't be afraid to ask questions!

[Click here to learn more.](#)



Are you near age 65 or approaching retirement?

HTA offers education and guidance about Medicare Services so that you feel empowered to make informed choices when transitioning your healthcare coverage.

Please join us today, **September 5th at 4 pm** or on **Tuesday, September 24 at 9 am or 6 pm** for a one-hour educational presentation and learn more about:



- What is Medicare?
- When and how to enroll
- Initial enrollment vs Special Enrollment and how to avoid penalties
- Enroll vs defer if not retiring at age 65
- Cost-benefit analysis; Employer Coverage vs Medicare when still working
- Plans available - Medicare Supplement, Medicare Advantage, Prescription Drug plans

All those who register for the webinar will receive the recording of the session within 24 hours.

Register for the webinar on 9/5 at 4 pm

Register for the webinar on 9/24 at 9 am or 6 pm



Health Observances

National Recovery Month

Recovery Month, launched by the [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the nation's strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.

Your medical benefits administered by IBX includes coverage for behavioral and mental health services.

Call the Mental Health/Substance Abuse number on the back of your member ID card at **1-800-688-1911** for one-one-one support. A Customer Care Advocate can help you find in-network care, answer specific questions about benefits and claims, and/or connect you to a licensed clinician for in-the-moment support if needed.



Upcoming Webinars

This month is dedicated to **Ageing Gracefully with Nutrition!** Join us to learn the key nutritional strategies that support healthy aging. Each week will focus on a topic with practical tips to help you stay vibrant and energized!

September 5th: Protein
 September 12th: Antioxidants
 September 19th: Fiber
 September 26th: Hydration

Create an account or log in to the Wellbeing Hub [HERE](#).
Then scroll down to "Upcoming Events" to register.

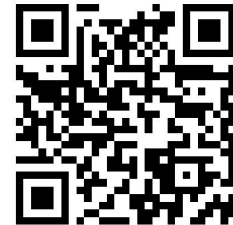
All workshops are at 12 pm and will be recorded so they can be accessed on demand at any time.



myschoolbenefits.org

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, on the Health & Well-being Tab / Earn Rewards.

Wellbeing Hub

On-demand resources for mental, emotional, and physical well-being.

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.

Delta 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 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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