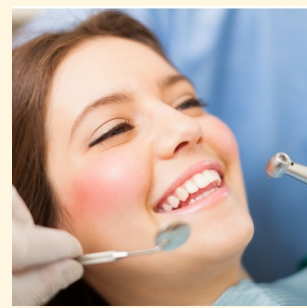


Reminder: *NEW* Dental Coverage

If your school offers the dental plan offered by the PAISBOA HBT, your coverage is changing from Delta Dental to United Concordia, *effective November 1, 2024*. The transition to United Concordia brings an expanded provider network, making it easier for members to find in-network dentists and save on out-of-pocket expenses.

If you've elected to enroll in dental coverage for the plan year beginning November 1, you will be receiving a welcome letter from United Concordia in the mail during the month of October.

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



Pharmacy

Save \$ on Specialty Medications

Many drug manufacturers provide coupons or copay cards for high-cost specialty medications. If you take an eligible prescription, the Copay Assistance Program may substantially reduce or full cover the costs for your medication.

A Care Team Coordinator will get in touch with you to explain the program, estimate your new out-of-pocket expenses, help you enroll in the manufacturer's copay assistance program, and answer your questions. You can also contact them to learn more by calling **215-967-2501**.



[Click here for more information about copay assistance.](#)



Join the Challenge!

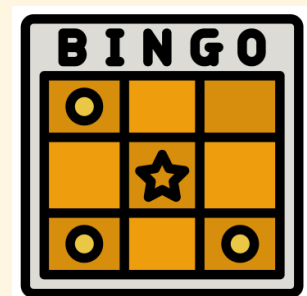
Play Movement Bingo and Win!

This challenge is focused on building small habits to help increase physical wellness and awareness in your everyday life!

Complete 5 squares in a row to earn Bingo for a chance to win one of four \$25 gift cards or complete the entire board for a chance to win one of two \$100 gift cards for Super Bingo!

[Create an account or log in to the Wellbeing Hub HERE to play!](#)

Please note that the Wellbeing Hub will no longer be active as



of November 1, 2024 due to low utilization from the HBT membership. The HBT staff is busy planning webinars and challenges covering all pillars of wellbeing for the new plan year. Stay tuned!

Upcoming Webinars

Are You Tired of Tossing and Turning at Night?

Technology, fast-paced lives, and stress can negatively impact the ability to get a good night's sleep. In this session, you'll learn simple steps and strategies to turn restless nights into restorative sleep. This session will be facilitated by [Donna Drucker, LCSW](#), of Health Advocate EAP. Please join us for an upcoming webinar:



Get a Great Night's Sleep! Successful Tips and Tricks.
Wednesday, October 9th 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!](#)

Maven Moments: Managing Menopause Symptoms at Work

Discover practical solutions for managing menopause symptoms in the workplace by joining our class led by a Maven OB-GYN. Gain insights on maintaining professional focus while addressing the challenges of this life stage. Registrants will receive a copy of the recording.



Tuesday, October 22nd at 12 pm

[Click here to register for an upcoming Maven Moments webinar and/or to watch archived recordings of previous webinars.](#)

Health Observances

Breast Cancer Awareness Month

October is Breast Cancer Awareness month - a time to bring attention to the disease, support those fighting it, and celebrate survivors. According to the [National Breast Cancer Foundation \(NBCF\)](#), 1 in 8 women in the United States will receive a breast cancer diagnosis in her life.

Detecting breast cancer in the early stages significantly

increases the chances of remission and survival. Early detection involves being aware of the signs and symptoms, performing monthly breast self-exams, and scheduling regular mammograms.

To learn more about risk factors, screenings and care, [click here for an informative article titled "Getting into the Routine of Breast Screenings" from IBX Insights.](#)



National Depression & Mental Health Screening Month and World Mental Health Day

According to the **Center for Disease Control (CDC)**, mental illness affects 1 in 5 adults in the United States and can increase the risk of physical health conditions, such as diabetes and stroke. October is National Depression and Mental Health Screening month and October 10th is World Mental Health Day. This is an opportune time to focus on mental well-being and break the stigma around seeking help.



Depression can affect anyone at any time and everyone experiences it in a different way. If you or someone you care about feels they may be depressed, it's important to seek professional help and be screened.

To learn more about the resources available to you, please visit: <https://www.myschoolbenefits.org/mental-health-resources>.

Additionally, **The National Alliance on Mental Illness (NAMI)** is an organization dedicated to improving the lives of those experiencing mental illness. NAMI offers support, education, and peer-led groups free of charge.



Resources

Important Compliance Notices and Disclosures *Now Available Online*

The PAISBOA HBT would like to invite all members to view important health plan related notices and disclosures that are now accessible at myschoolbenefits.org/notices-and-disclosures. As an enrolled plan participant, you are entitled to receive pertinent notices to help you understand your rights and health plan benefits, including:

- Medicare Part D Creditable Coverage Notice
- Summary Annual Report
- Summary Plan Description
- HIPAA Notice of Privacy Practice
- Summary of Benefits and Coverage
- And more!

We encourage you to stay informed by carefully reviewing

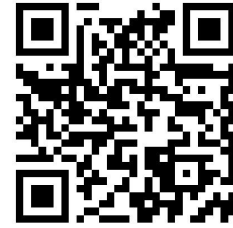


these documents with your covered dependents.

myschoolbenefits.org

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

[Explore and bookmark the new website today](https://myschoolbenefits.org)



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.

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.

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

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