

Your Benefits Bulletin

Volume 2, No. 2 | December 3, 2024

Wishing you warmth, joy, and good health this holiday season!

Healthy Holiday Cookbook

Celebrate the holiday season with tasty and nutritious recipes provided by our colleagues at the **GPBCH**. The GPBCH Holiday Cookbook features healthy twists on festive dishes, from appetizers to entrées to beverages. Indulge in your favorite holiday dishes while staying on track with your healthy eating goals!



[Click here to view *The 2024 Healthy Holiday Cookbook*.](#)

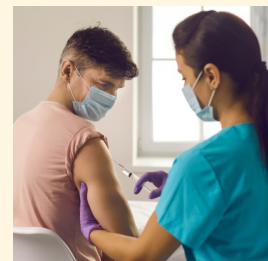
Medical

Flu and COVID-19 Vaccines

As we observe *National Influenza Vaccination Week* from December 2-6, we would like to encourage you to protect yourself and those around you by getting your flu shot if you have not already done so this year. All PAISBOA Health Benefit Trust members enrolled in a Highmark medical plan are eligible to receive a flu shot at NO COST through an in-network provider or pharmacy.

[Click here to learn more about the flu vaccine.](#)

In addition to getting vaccinated, the CDC recommends practicing healthy habits to avoid the flu, such as frequently washing your hands and cleansing high touch surfaces. [Click here to learn more about the healthy habits the CDC recommends to prevent the flu.](#)



Getting the COVID-19 vaccine is another proactive step you can take to minimize your risk of severe illness. With your Highmark medical plan, you are eligible to receive a COVID-19 vaccine at NO COST when you visit an in-network provider or pharmacy.

Learn more about the COVID-19 vaccine by visiting the CDC's website here.

Get vaccinated today to stay safe and healthy this holiday season!

Blue Distinction® Specialty Care

Being able to access high-quality, specialized medical care when you need it the most is crucial for your health and wellbeing. That's why the Blue Cross Blue Shield Association has recognized centers of excellence that have proven to provide exceptional specialty care and results through the Blue Distinction® Specialty Care Program. Blue Distinction® Centers offer quality care to deliver better patient outcomes, while Blue Distinction® Centers+ offer quality care in addition to cost management. Health care facilities and providers offering specialty medical care in the following categories are recognized under the program:

- Cancer care
- Cardiac care
- Knee and hip replacement
- 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.](#)



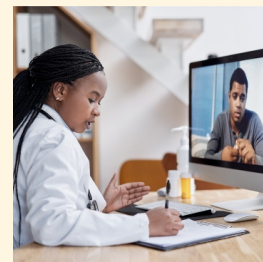
Telemedicine

Well360 Virtual Health Through Highmark

Take care of your health this winter from the comfort of your home with Well360 Virtual Health through Highmark. Whether you're experiencing flu or COVID-19 symptoms, a common cold, or anxiety, telemedicine is a convenient option to manage your non-emergency medical and behavioral health needs. Avoid the hassle of traveling in the winter weather and receive fast and accessible care from a board-certified physician when you need it the most.

To schedule a virtual health visit, log in to your member portal at [MyHighmark.com](https://myhighmark.com) or download the app.

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



Benefit Partner Spotlight

Vision Benefits with VBA

Don't let the year end without scheduling your annual eye exam! Regular vision checkups are important to maintain your eye health, catch any ocular diseases early, and ensure that your prescription is up to date if necessary. As an enrolled member of an HBT medical plan, you have access to comprehensive vision benefits, including eye exams, lenses, contacts, and more.



[Click here and visit vbaplans.com to create an account, find an in-network provider, and learn more about your benefits.](#)

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



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!](#)

Maven Moments: Preventing Parental Burnout

Join our upcoming class with our Maven expert focusing on preventing parental burnout. Explore practical strategies to maintain balance, identify signs of burnout, and foster healthier family dynamics. Don't miss this insightful session designed to empower parents with the tools needed to prioritize their well-being and create a nurturing environment for their children. Registrants will receive a copy of the recording.



Wednesday, December 11th at 12 pm

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

December Deals and Discounts

Discover exclusive savings this holiday season through the Working Advantage Deals & Discounts Program! As a member of a PAISBOA HBT member school, you have access to a range of special offers, including discounted fitness devices and equipment, theme parks and attractions, rental cars, and more. Don't wait – create an account today to start experiencing savings and make the most of this festive season!



Access these exclusive deals and discounts by visiting myschoolbenefits.org and navigating to **Resources > Deals and Discounts**.

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 hbsupport@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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