



Innovative Wellness Offerings

included in your benefits with PAISBOA Health Benefit Trust (HBT)



Diabetes Management

through Teladoc Health

Get unlimited free strips and lancets, a free blood sugar meter, monitoring, and expert support 24/7 to help you manage your diabetes. Learn more at ibx.com/htdocs/custom/paisboa/resources/flyers.html



Nutrition Counseling

Get six free nutrition counseling visits with a participating registered dietitian, your primary care provider, or another network provider to assess your diet and set personal goals for better eating habits and weight management.

Learn more at

ibx.com/htdocs/custom/paisboa/resources/flyers.html



Mental Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. To find more information about mental health resources, visit myschoolbenefits.org/mental-health-resources.



Hypertension Management

through Teladoc Health

Receive a free blood pressure monitor, tracking through an app, personalized health nudges, and live sessions with a certified chronic care coach. Learn more at ibx.com/htdocs/custom/paisboa/resources/flyers.html

Featured Provider: Ramp Health

Not sure where to go for your six free nutrition counseling sessions? Try Ramp Health!



Schedule virtual appointments, take self-guided courses, receive healthy lifestyle resources & more. Scan the code to get started or visit portal.ramphealth.com/#register/general/pais148



Achieve Well-being \$200 Reward

Earn \$200 in gift cards by completing five healthy tasks each year!* Visit myschoolbenefits.org/wellness-ibx and download the Achieve Well-being Overview to learn how to get started.

*Enrolled employees and their enrolled spouses/partners are eligible for this reward.



Make the most of your health plan. Visit the PAISBOA HBT member site.

Here in one user-friendly place, you'll find information and resources about all the benefits your school provides through the HBT.

myschoolbenefits.org

Be sure to check the site for wellness challenges & webinars held throughout the year!



Fitness Center Membership Reimbursement

Get up to \$150 back on your fitness center membership when you complete 120 workouts at an approved facility.

Learn more at

ibx.com/pdfs/custom/paisboa/paisboa-fitness-reimbursement.pdf



Weight Management Program Reimbursement

Get up to \$150 back when you participate in an approved weight management program. Learn more at

ibx.com/pdfs/custom/paisboa/paisboa-weight-management-reimbursement.pdf



Tobacco Cessation Program Reimbursement

Get up to \$150 back when you complete an approved tobacco cessation program. Learn more at

ibx.com/pdfs/custom/paisboa/paisboa-tobacco-cessation-reimbursement.pdf



Nurse Health Coaching

Access a registered nurse Health Coach who is available 24/7 to help you: address everyday health concerns, prepare for doctor visits and procedures, better understand a diagnosis and treatment plan, manage a chronic condition, and more.

Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Nurse Health Coach.



Hearing Benefit

through TruHearing

Access a large network of providers for complete hearing care that includes coverage for exams and discounts on hearing aids and hardware. A dedicated Hearing Consultant can answer your questions, explain coverage, and schedule an appointment with a

TruHearing provider. Call **1-888-933-7861 (TTY:711)**



Fertility & Family-Forming

through Maven

Get personalized support and financial assistance throughout your journey to parenthood, including 24/7 virtual access to top-rated providers, a dedicated Care Advocate, on-demand content & virtual classes, and \$10,000 on eligible expenses.

Download the Maven Clinic app at myschoolbenefits.org/fertility-family-forming-benefits



Telemedicine for Body & Mind

through Doctor on Demand

Access telemedicine services with a board-certified physician, licensed psychiatrist, or therapist through Doctor on Demand. From colds to cholesterol and depression to stress, DOD providers are a click away, 24/7.

If you're creating a new account, select PAISBOA as your employer to receive the correct co-pay. Cost-sharing is \$10* for all medical, therapy, and psychiatric visits through October 31, 2025. Visit doctorondemand.com to get started.

*Those on the HDHP must first satisfy their applicable deductible.

For important details about your plan, help accessing your benefits, and tips and tools to maximize your well-being,

Please visit

myschoolbenefits.org

Or contact the Benefits Member Advocacy Center at **888-984-1186** or hbt-support@connerstrong.com

PAISBOA
Health Benefit Trust

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