



Innovative WELLNESS OFFERINGS

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



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

Featured Provider: Wellness Coaches

Not sure where to go for your six free nutrition counseling sessions? Try Wellness Coaches! Schedule virtual appointments, take self-guided courses, receive healthy lifestyle resources & more. Scan the code to get started or visit



portal.healthyways.com/register/general/pais148



Diabetes Management through Livongo

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



Hypertension Management through Livongo

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



Mental Health Coverage

Your medical benefits administered by IBX include coverage for mental and behavioral health services. To find coverage details, providers, and more, visit the microsite at ibx.com/paisboa, log into your IBX member portal and select the menu tab Benefits, then Mental Health & Substance Use Disorder.



Look for this symbol throughout the wellness flyer for additional wellness resources to support your mental health.



Achieve Well-being \$200 Reward

Earn \$200 in gift cards by completing five healthy tasks each year!* To get started, visit ibx.com/paisboa, log into your member portal, and select the Health & Well-being Tab/Earn Rewards.

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



ibx.com/paisboa

Make the most of your health plan by visiting the PAISBOA HBT Microsite

Here in one spot, Independence offers PAISBOA HBT members the latest news and important details about your benefits, along with ways to get the most from your medical and Rx coverage to maximize your health and well-being.



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 reimbursements.ibx.com/ibc



Weight Management Program Reimbursement

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



Tobacco Cessation Program Reimbursement

Get up to \$150 back when you complete an approved tobacco cessation program. Learn more at reimbursements.ibx.com/ibc



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.



Wellness Coaching **MH**

Receive help identifying and setting goals in areas you want to make lifestyle changes, such as losing weight or managing stress. A Wellness Coach can provide new ideas and resources as well as support and accountability for reaching your goals. Call the Champion Team at **1-833-444-BLUE (2583)** and ask to speak to a Wellness Coach.



Wellbeing Hub **MH**

Access free resources and live monthly workshops through the online Wellbeing Hub for help managing mental, emotional, and physical health. Find mindfulness exercises, yoga classes, healthy recipes, and more! Sign up at hub.onthegoga.com/paisboa/sign-up



Telemedicine for Body & Mind **MH**

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, 2023. Visit doctorondemand.com to get started.

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

To find important details about your plan, including tips and tools to maximize your health and well-being,

PLEASE VISIT
ibx.com/paisboa
or call the
Champion Team
at 833-444-BLUE
(2583).