



CENTRAL SUSQUEHANNA  
REGION SCHOOL EMPLOYEES'  
HEALTH & WELFARE TRUST

## CS Trust Bulletin September 2025



### Changes to the National Preferred Formulary (NPF)

On January 1, 2026, Express Scripts (ES) will exclude 50 additional products from the NPF, demonstrating its commitment to minimizing health care waste by excluding high-cost medications that may not provide better clinical outcomes.

The small percentage of members being asked to switch to preferred medications will receive personalized outreach, including a list of alternative medications and information on switching to a preferred product. ES will also notify top prescribers and retail pharmacies before the exclusions are implemented.

The list of new NPF exclusions is available [here](#).



### Capital Blue Cross Wellness Sessions Scheduled

All participating school employers must complete one virtual or on-site wellness planning session annually with Capital Blue Cross. Jenifer Carricato, CBC Senior Health Education Consultant, has scheduled five sessions with the first one on Tuesday, October 7, 2025.

Please share the information below with your wellness contact and request that at least one person register for a session. By joining, the employer will satisfy the 2025/2026 requirement.

Sessions and Registration Links:

- [PA Trust Wellness Credit Touch Point-Session #1 Tuesday, October 7th, 11 am-11:15 am](#)
- [PA Trust Wellness Credit Touch Point- Session #2 Thursday, November 6th, 11:15 am-11:30 am](#)
- [PA Trust Wellness Credit Touch Point- Session #3, Wednesday, December 3rd, 2 pm-2:15 pm](#)
- [PA Trust Wellness Credit Touch Point- Session #4 Friday, January 9th, 10 am-10:15 am](#)
- [PA Trust Wellness Credit Touch Point- Session #5 Monday, February 9th, 3:30 pm-3:45 pm](#)



### **CS Trust Board Meeting Reminder**

The next CS Trust board meeting is scheduled for Thursday, October 16, 2025. The meeting will be held in person at the CSIU and begin at 6:00 p.m. Dinner will be available before the meeting from 5:30 p.m. to 6:00 p.m.

If you haven't already registered your attendance, please click on the link below or email Diane Morgan at [dmorgan@csiu.org](mailto:dmorgan@csiu.org) by September 25, 2025.

<https://forms.gle/cN8TSF3V2JaVDamV8>

The agenda and supporting documents will be emailed to trustees before the meeting.

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