CS Trust Bulletin
October 2023

CS Trust Dental and Vision Plans

Employers are reminded that the Capital Blue Cross dental and vision plans are fully customizable. If an employer is currently under negotiations and interested in updating either or both plans, they should contact Diane Morgan at dmorgan@csiu.org to request a proposal to make changes to their deductible, program maximum, and/or allowances.

CS Trust Open Enrollment

The annual open enrollment period that allows employees to make plan changes will be held between November 1 and November 20, 2023, unless an employer decides on an earlier end date. Trust staff is working with the carriers to receive updated benefit summary sheets and Summary of Benefits and Coverages (SBCs) for distribution. The information will be emailed to the employers as soon as it is finalized.

Once the open enrollment changes have been processed, both CBC and Geisinger members will receive new identification cards for January 1, 2024.

Express Scripts Electronic ID Cards and Welcome Kits

Effective January 1, 2024, Express Scripts will be moving to a digital-only ID and welcome kit. This change will drive member registration and engagement to the ES website or app where members will be able to provide their preferred contact information and also download their member ID card(s).

Trust staff will share more details once it becomes available.

Capital Blue Cross Wellness Sessions Scheduled

As a reminder, all participating school employers must complete one virtual or onsite wellness planning session annually with Capital Blue Cross. To assist in meeting the 2023/2024 requirement, Jenifer Carricato, CBC Senior Health Education Consultant, has scheduled five different sessions with the first one being Wednesday, November 8th. By joining one of these sessions, the employer will satisfy the 2023/2024 requirement.

Please share the below information with your wellness contact and request that at least one person register for one of the sessions listed below.

Sessions:

PA Trust Wellness Session # 1, **Wednesday, November 8th, 11:00 am – 11:30 am**

PA Trust Wellness Session #2, **Tuesday, December 5th, 10:00 am – 10:30 am**

PA Trust Wellness Session #3, **Wednesday, January 10th, 11:00 am – 11:30 am**

PA Trust Wellness Session #4, **Tuesday, February 13th, 11:00 – 11:30 am**

PA Trust Wellness Session #5, **Wednesday, March 27th, 1:00 pm – 1:30 pm**

Staff that are currently enrolled in a CS Trust medical plan can get an in-depth look at how an Rx Savings Solutions (RxSS) account can help them find lower prices on prescription drugs.

Employers are encouraged to share the RxSS demo video link with staff.

As a reminder, RxSS is also offering live webinars that include a Q&A throughout the month of October. These webinars will preview all the ways the program can help a member save on prescriptions.

Staff can visit the following link for more information on the webinars - Registration (gotowebinar.com).

SaveOnSP, the copay assistance benefit administrator, continues to monitor available specialty manufacturer copay assistance programs to optimize savings opportunities. Effective July 1, 2023, certain highly anticipated biosimilar medications have come to market with available manufacturer copay assistance programs.

The following medications* will be additions to the SaveOnSP supported drug list on November 1, 2023:

- Cyltezo
- Hyrimoz
- adalimumab-adaz

*Prescription drug benefit plan terms will always take precedence. Medications with prior authorization criteria must be approved in advance by the plan and follow applicable laws and/or regulations.

Maintain, Don't Gain Challenge – Starting November 13!

Weight gain during the six-week holiday season represents 51% of our annual weight gain, which on average is about one or two pounds. The goal of this challenge is to "maintain" by staying the same weight, losing weight or gaining no more than two pounds between the weigh-in and weigh-out.

Register at go.geisinger.org/wellnesscalendar