



CENTRAL SUSQUEHANNA
REGION SCHOOL EMPLOYEES'
HEALTH & WELFARE TRUST

CS Trust Bulletin

February 2023



March Mayhem

Spring into action! Staff is invited to participate in this year's March Mayhem wellness challenge provided by Geisinger.

All staff and their dependents are welcome to join this fun 4-week, team-based wellness challenge that encourages healthy competition. The goal of this challenge is to achieve the most steps by tracking physical activity and participating in surprise Overtime Challenges. A team can include up to six members.

The challenge begins on March 6 and continues through April 2. Participants should register by Wednesday, March 1 at go.geisinger.org/mmreg.

Please review the attached flyers for more information.

INSERT March Mayhem Flyer

INSERT March Mayhem Challenge packet Team Captain



Live Healthy School Grants - Deadline May 15, 2023

Capital Blue Cross is again awarding qualifying school districts in their coverage area a grant of up to \$2,500 to implement a school-based health and wellness initiative. Programs must help students stay physically active, improve nutrition, or provide nutrition education. Grants will be rewarded based on the program's effectiveness and the number of students impacted.

Recipients will be chosen in June 2023 and grants awarded in September 2023. Only one grant will be awarded per school district.

Applications are due by May 15, 2023. Please submit a request through CBC's online portal at <http://www.capbluecross.com/investmentrequests>.

[Click here for more details. LINK FLYER HERE](#)



Online Out-of-Network Medical Claim Submission

When members visit an in-network provider, there is less out-of-pocket cost, and the provider always submits the necessary paperwork for them. However, occasionally, members need to see an out-of-network provider. In that case, members will need to submit a claim to Capital Blue Cross on their own.

These medical claims can now be submitted online instead of completing a paper form by logging into their CBC [secure account](#) (see below for more information on a secure account).

All medical claims submissions require a detailed provider bill and any other supporting documents before submission.



Capital Blue Cross Secure Member Account

A Capital Blue Cross secure member account provides employees and their dependents greater access to plan benefits and services.

Employees and their dependents are encouraged to register for a [secure account](#). When a member registers, they can:

- Contact Member Services via email
- Find in-network providers
- Manage benefits and available programs
- Review claims and explanation of benefits
- Submit Medical claims electronically
- View, print, or request a new member ID card
- Update contact information and communication preferences

Members can [register](#) in minutes with their ID card, date of birth, and ZIP code.