



CENTRAL SUSQUEHANNA
REGION SCHOOL EMPLOYEES'
HEALTH & WELFARE TRUST

CS Trust Monthly Bulletin

May 2022



New identification cards for Capital Blue Cross (CBC) members

All CBC members, including dependents, will receive new identification (ID) cards as a result of the Consolidated Appropriations Act (CAA). The CAA requires health plan ID cards to include the member deductible and out-of-pocket maximums that are applicable to the plan. Members should receive the cards by July 1st. Please note that the ID numbers are not changing.

As a reminder, Geisinger members have already received their new cards.



Reminder - Live Healthy School Grant deadline is May 31, 2022

Capital Blue Cross is 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, provide nutrition education, or if related to COVID-19, provide support for student nutrition, student or family meal programs, or study at-home initiatives, etc. Grants will be rewarded based on the program's effectiveness and the number of students impacted.

Recipients will be chosen in June and grants awarded in September 2022. Only one grant will be awarded per school district.

Applications are due by May 31, 2022. Please submit a request through CBC's online portal at <http://www.capbluecross.com/investmentrequests>.

[Click here for more details.](#)



Express Scripts (ES) has notified Central Susquehanna Trust that there were four individuals across the twenty participating CS Trust employers that have been affected by an Express Scripts mobile cybersecurity incident. ES stated that while the investigation is ongoing, the impacted application has been secured and returned to normal business procedures. Express Scripts will notify impacted individuals, provide credit monitoring and a customer support number for member questions. ES takes its members privacy very seriously and protecting its members' information is a critical responsibility for them. They are taking steps to ensure this incident is resolved and that member information is protected from future issues.



Dental and vision plans through Central Susquehanna Trust

The dental and vision plans through Central Susquehanna Trust are individually rated for each employer and are fully customizable. The benefit program maximum, deductible and/or allowances can be updated for an individual employer. Please contact Diane Morgan at dmorgan@csiu.org for more information. Conrad Siegel can complete an analysis and provide rating for the requested changes.



Primary Care Physician, Urgent Care Facility or Emergency Room

Attached is a flier from Geisinger that provides guidance on getting the right care in the right place. As noted on the flier, the first stop should always be a primary care physician for day-to-day care. Also, urgent care facilities have lower copays than the emergency room plus do not require appointments and are open late.

[Click here for more details.](#)



Ways to Cut and Control Your Healthcare Cost

Attached are two fliers from Conrad Siegel that include excellent reminders on ways to cut and control your healthcare cost such as visiting in-network providers, asking the right questions, conducting comparisons, shopping around for best prices and practicing prevention.

[Click here for more details on ways to cut your healthcare cost.](#)

[Click here for more details on the average costs for central Pennsylvania hospitals versus independent labs.](#)