



CENTRAL SUSQUEHANNA
REGION SCHOOL EMPLOYEES'
HEALTH & WELFARE TRUST

CS Trust Bulletin January 2024



Rx Savings Solutions (RxSS) Update

Great news! During the fourth quarter of 2023, 95 people registered for RxSS. The total number of registered members is 817 out of 4,772 eligible members. On average, 25% of all primary members and 17% of total members are registered.

According to RxSS, there is a total overall savings opportunity of **\$208,356** in the next fill. This includes \$47,377 for registered members and \$161,980 for non-registered members.

Please continue to encourage all full-time benefits-eligible staff and their dependents to sign up for this free and confidential program. This program does not replace the employees' current prescription plan but is an additional program designed to help save money. Directly below are enrollment fliers to share with all benefits-eligible staff.

[CBC participants](#)

[Geisinger participants](#)

Feel free to contact Diane Morgan at (570) 523-1155, ext. 2308, or dmorgan@csiu.org for more information or if you have any questions about Rx Savings Solutions.



Capital Blue Cross Wellness Sessions Scheduled

The fourth CBC wellness session is scheduled for Tuesday, February 13th, @ 11:00 a.m. As a reminder, all participating school employers must complete one virtual or onsite wellness planning session annually with Capital Blue Cross. By joining one of these sessions, the employer will satisfy the 2023/2024 requirement.

If this requirement is still outstanding in your district, 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 #4](#), Tuesday, February 13th, 11:00 – 11:30 am

[PA Trust Wellness Session #5](#), Wednesday, March 27th, 1:00 pm – 1:30 pm



There is still time to participate in the 2023/2024 Wellness Rewards Program. Staff can build healthy habits by completing activities and getting rewarded for their efforts.

Participants who achieve the designated number of points by completing wellness activities will receive entries into a prize raffle for gift cards.

As part of the program, employers should remember to schedule their on-site wellness screening day. The on-site event includes blood pressure screenings, body mass index screenings, and blood draws for glucose levels and cholesterol panels. This day is also a good opportunity for participants to learn about health and wellness resources available to them and check on their progress in the 2023/2024 Wellness Rewards program.

This wellness initiative is open to all employees. Employers are encouraged to call 570-214-4060 or email ekuperavage@thehealthplan.com for more information.

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