



CENTRAL SUSQUEHANNA  
REGION SCHOOL EMPLOYEES'  
HEALTH & WELFARE TRUST

## CS Trust Bulletin February 2024



### Preventive Coverage Services Update

On January 1, 2024, Pennsylvania (PA) Act 1 of 2023 was implemented as part of the preventive coverage services for both Capital Blue Cross and Geisinger Health Plan.

This act, established on May 1, 2023, was signed into law. The mandate requires insurance companies to provide coverage for one (1) supplemental breast screening (Magnetic Resonance Imaging [MRI] or Ultrasound [US]) every year for individuals at no cost share for those members at increased risk for breast cancer; including BRCA-related genetic counseling and genetic testing.

If a woman is believed to be at an increased risk of breast cancer due to:

- 1) Personal history of atypical breast histology.
- 2) Personal history or family history of breast cancer.
- 3) Genetic predisposition for breast cancer.
- 4) Prior therapeutic thoracic radiation therapy.
- 5) Heterogeneously dense breast tissue based on breast composition with any one of the following risk factors:
  - Lifetime risk of breast cancer of greater than 20%, according to risk assessment tools based on family history.
  - Personal history of BRCA1 or BRCA2 gene mutations.
  - First-degree relative with a BRCA1 or BRCA2 gene mutation but not having had genetic testing herself.
  - Prior therapeutic thoracic radiation therapy between 10 and 30 years of age; or
  - Personal history of Li-Fraumeni syndrome, Cowden syndrome, or Bannayan-Riley-Ruvalcaba syndrome, or a first-degree relative with one of these syndromes.
- 6) Extremely dense breast tissue based on breast composition.

Coverage for BRCA-related Genetic Counseling and Genetic Testing is also included.

Per the National Comprehensive Cancer Network (NCCN) and American Cancer Society (ACS) if MRI/US is used, it should be in addition to, not instead of, a screening mammogram.

Employers are encouraged to share the preventive schedules that are linked below with staff.

[CBC 2024 Preventive Schedule](#)

[GEISINGER 2024 Preventive Schedule](#)

## Utilization Management

As a follow-up to the October 23, 2023, CS Trust board meeting, a committee has been established to review the additional Express Scripts utilization management packages that are available.

The committee meeting (via Zoom) has been scheduled for Monday, February 26<sup>th</sup> at 1:00 p.m. Any trustee interested in joining this meeting should contact Diane Morgan at [dmorgan@csiu.org](mailto:dmorgan@csiu.org) for more information.

A committee meeting report will be presented at the spring CS Trust board meeting.

## CS Trust Meeting Announcement

The next CS Trust board meeting is scheduled for Monday, April 29, 2024. The in-person meeting will be held at the CSIU and begin at 6:00 p.m. Dinner will be available before the meeting from 5:30 p.m. – 6:00 p.m.

The meeting announcement and registration link were sent to trustees on February 14, 2024.



## Capital Blue Cross FINAL Wellness Session Scheduled

The final CBC wellness session is scheduled for Wednesday, March 27<sup>th</sup> at 1:00 p.m. As a reminder, all participating school employers must complete one virtual or onsite wellness planning session annually with Capital Blue Cross. By joining this session, 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 and attend.

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

## Live Healthy School Grants - Deadline May 15, 2024

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 2024 and grants awarded in September 2024. Only one grant will be awarded per school district.

Applications are due by May 15, 2024. Please apply for a Live Healthy School Grant by clicking the link below, or visiting: [CapBlueCross.com/wps/portal/cap/about/community](https://CapBlueCross.com/wps/portal/cap/about/community).

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



## **Spring into Wellness Challenge (formerly March Mayhem)**

Employees and their spouses/partners are encouraged to join this 4-week, team-based wellness challenge.

This year's challenge will be held from March 4 until March 31.

Team registration is due by Wednesday, February 28.

Please share the below information with your staff.

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DETAILS and TEAM INFORMATION FLYER

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