



CENTRAL SUSQUEHANNA  
REGION SCHOOL EMPLOYEES'  
HEALTH & WELFARE TRUST

## CS Trust Bulletin

### January 2023

Both Capital Blue Cross and Geisinger members can meet with a doctor virtually 24/7 to diagnose and receive treatment for common illnesses.



CBC members:

Members can learn more about Capital Blue Cross Virtual Care by reviewing the attached [flyer](#) or visiting [virtualcarecbc.com](https://virtualcarecbc.com).

Members should refer to the CBC Benefit Highlights for copayment information.



Geisinger members:

Members can learn more about Teladoc® by reviewing the attached [flyer](#) or visiting [Teladoc.com](https://Teladoc.com).

Members should refer to the Geisinger Summary of Benefits for copayment information.



**Blue365®**

CBC members can start saving on nutrition, footwear, gym memberships and other products by joining Blue365®.

Members can learn more about Blue365® by reviewing the attached [flyer](#) or visiting [blue365deals.com](https://blue365deals.com).



## **Mazzitti & Sullivan EAP**

CBC offers coverage to all its members for counseling and other services at no charge through an employee assistance program (EAP) offered by Mazzitti & Sullivan EAP Services. Members can speak with a live person 24/7/365.

An online training library that includes thousands of virtual work and life trainings is also available through this program.

Members can learn more about this program by reviewing the attached [flyer](#) or contacting a representative at 1-800-543-5080 or at [www.mseap.com](http://www.mseap.com).



Health coaching is available to Geisinger members at no cost.

A member can experience telephonic personalized sessions to help manage weight, glucose, blood pressure, cholesterol, tobacco use and stress.

To learn more or to schedule an appointment, members should view the attached [flyer](#) and/or contact Geisinger Health and Wellness at 866-415-7138.