



CENTRAL SUSQUEHANNA
REGION SCHOOL EMPLOYEES'
HEALTH & WELFARE TRUST

CS Trust Bulletin

February 2025



Spring into Wellness Challenge

Geisinger's annual Spring into Wellness Challenge will begin on March 3, 2025. This 4-week, team-based challenge encourages staff to increase their physical activity level and improve their overall well-being. Employees can participate in weekly bonus activities that help contribute to their team's weekly step count.

Employees can register for the challenge at go.geisinger.org/siwreg. Registration closes on Wednesday, February 26th.

[Spring into Wellness Flyer 2025.pdf](#)



Find care and convenience with MyCare Finder

The cost of medical tests and treatments can vary by hundreds, or even thousands of dollars, depending on where a participant goes. Fortunately, [MyCare Finder](#) can help. [Log in](#) to compare the prices of in-network hospital stays, MRIs, surgeries, X-rays, and more. Participants can get cost estimates based on their deductible and out-of-pocket maximum.

[Visit MyCare Finder >](#)

Also, participants can now make a behavioral health appointment with VirtualCare through their secure account with just one click. If someone doesn't have a secure CBC account, they can [Register](#) for one.

Capital Blue Cross app offers digital ID cards and more



CBC members won't always know when they will need their health plan ID card. With the Capital Blue Cross app, employees' ID cards are right there when they need it.

Employees can download the Capital Blue Cross app and have a digital version of their ID card ready at a moment's notice. They can also access deductible information and so much more!



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