

## CS Trust Bulletin

### June 2024

### Geisinger

Health Plan

Geisinger participants can get help with medical issues and answers to their health questions when they need them. It doesn't matter if it's the middle of the night or a holiday. Need expert medical advice that's convenient and reliable? Turn to Geisinger's Tel-A-Nurse service.

Call Tel-A-Nurse at [877-543-5061](tel:877-543-5061). Access the Audio Library via the Tel-A-Nurse phone number. This library is a compilation of recorded advice on many health topics like viral infections, nutrition and more. Directly below is a flier with more information.

[Geisinger Tel-A-Nurse](#)

### Capital

With Capital Blue Cross VirtualCare, CBC participants can get a virtual house call from a real therapist, counselor, or psychiatrist.

VirtualCare isn't just for physical aches and pains; participants can use it for behavioral health services too. With real therapists, counselors, psychologists, and psychiatrists, VirtualCare can be used at home for well-being, grief counseling, PTSD, anxiety, and more. And since participants use it on their smartphone, tablet, or computer, it's convenient and fast, so they can continue to live their lives. Directly below is a flier with more information.

[CBC VirtualCare](#)

It's easy to get started.

- Download the VirtualCare app from your preferred app store or go to the [VirtualCare website](#).
- Create an account and be sure to include your Capital Blue Cross member ID number.
- When you need care, choose the type of service you need from VirtualCare.

Virtual Care includes medical services, too, with appointments available for physicians and specialists right from the comfort and privacy of your home.



Beginning this month, Evernorth Health Services will have a Humira biosimilar available for \$0 out of pocket for eligible Express Scripts patients of its specialty pharmacy, Accredo.

- Patients eligible for Quallent's copay assistance program will pay \$0 out of pocket for this biosimilar. This program is estimated to save individual patients around \$3,500 on average per year.
- This biosimilar will cost plans less than \$1,000 per 30-day fill, more than 85% less than the current Humira list price.

This biosimilar will be added to Express Scripts' National Preferred Formulary and other commercial standard formularies as co-preferred with Humira and other Humira biosimilars.



Through April 2024, there has been a total member savings of more than \$230,000, including an average per-fill savings of \$83.33. Below is a flier that includes six ways to save money on prescriptions.

### [6 Ways to Save on Prescriptions](#)

Currently, 28.1% of all employees are registered for Rx Savings Solutions.

Please continue to encourage all full-time staff who are enrolled in a medical plan 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 staff.

[CBC participants](#)

[Geisinger participants](#)

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