

GEISINGER HEALTH PLAN

Member Update

Quarter 2 2024



Geisinger

World-class care for healthy babies and healthy moms

When you're expecting a new arrival, you can rest easy knowing you're getting the best care and support from our specialists. Everyone has unique needs during their pregnancy, and our comprehensive maternity care focuses on the whole person. Whether you need mental healthcare, emotional support, help with substance dependency, breastfeeding issues or newborn care, we're here for you every step of the way. You'll have the tools you need for a happy, healthy pregnancy.

Part of the support provided is the prenatal care that's fundamental for promoting a healthy pregnancy and birth. The Healthcare Effectiveness Data and Information Set (HEDIS) tool is used by most health plans to measure performance in healthcare. One of these measures is "timeliness of prenatal care." The average commercial insurance score is 85%, while Geisinger Health Plan's (GHP's) average is 93%. And that's not all — for a GHP member who sees a Geisinger provider, the average increases to 98%. Access to more prenatal care when it's needed equals a healthier parent and baby.



Let a health coach help you achieve your goals

Trying to be more active, eat better or just live a healthier lifestyle? You'll have all the support you need from a health coach.

Health coaching sessions over the phone are available at no cost. This personalized service helps you set and accomplish your health goals. Sessions are flexible, with early morning and evening hours available Monday through Friday.

What is health coaching?

This program helps you build sustainable, healthy habits. These lifestyle changes can improve conditions like high cholesterol, high blood pressure and high blood sugar. Health coaching puts a positive spin on weight management, better sleep, mindfulness and stress management.

If you have trouble getting motivated, a health coach holds you accountable. And they support you through frequent conversations as you work your way toward a healthier, happier lifestyle.

Ready to get started on your health journey? Call 866-415-7138 or email wellness@geisinger.edu to schedule an appointment.

Manage your health in the member portal

For tools to make your healthcare easier, sign in or create a member portal account at go.geisinger.org/membernews.

Some of the things you can do:

- Find a provider
- See your claims and benefits
- Update your communication preferences



First Health network

Do you live outside the GHP service area and use First Health as your primary network? Make sure your healthcare provider is in network by going to myfirsthealth.com. Before you make an appointment, always confirm they're accepting new patients and will bill First Health for your services. You can also call GHP's customer care team at 844-568-5229 to confirm your provider's participation in the First Health network.

During your first visit, ask that your claims be submitted electronically or to the address listed on your member ID card. The cost-sharing information on your ID card is limited due to space, so have your provider call GHP if they have questions about your benefits for certain services. If you're referred for services such as X-rays or laboratory tests, make sure these additional service providers are in the First Health network. When in doubt, call GHP customer care with your questions.



Healthy recipe: Butternut squash alfredo

Change up pasta night with this lighter version of alfredo. Makes 8 servings.

Ingredients

- 1 pound whole wheat pasta (penne, elbows, linguine)
- 4 cups frozen winter squash puree or 5 cups fresh cubed squash, steamed
- 1 cup 1% milk
- ¾ cup grated Parmesan cheese
- ¼ teaspoon nutmeg
- 1 teaspoon salt
- ½ teaspoon pepper
- Grated Parmesan cheese for garnish



Instructions

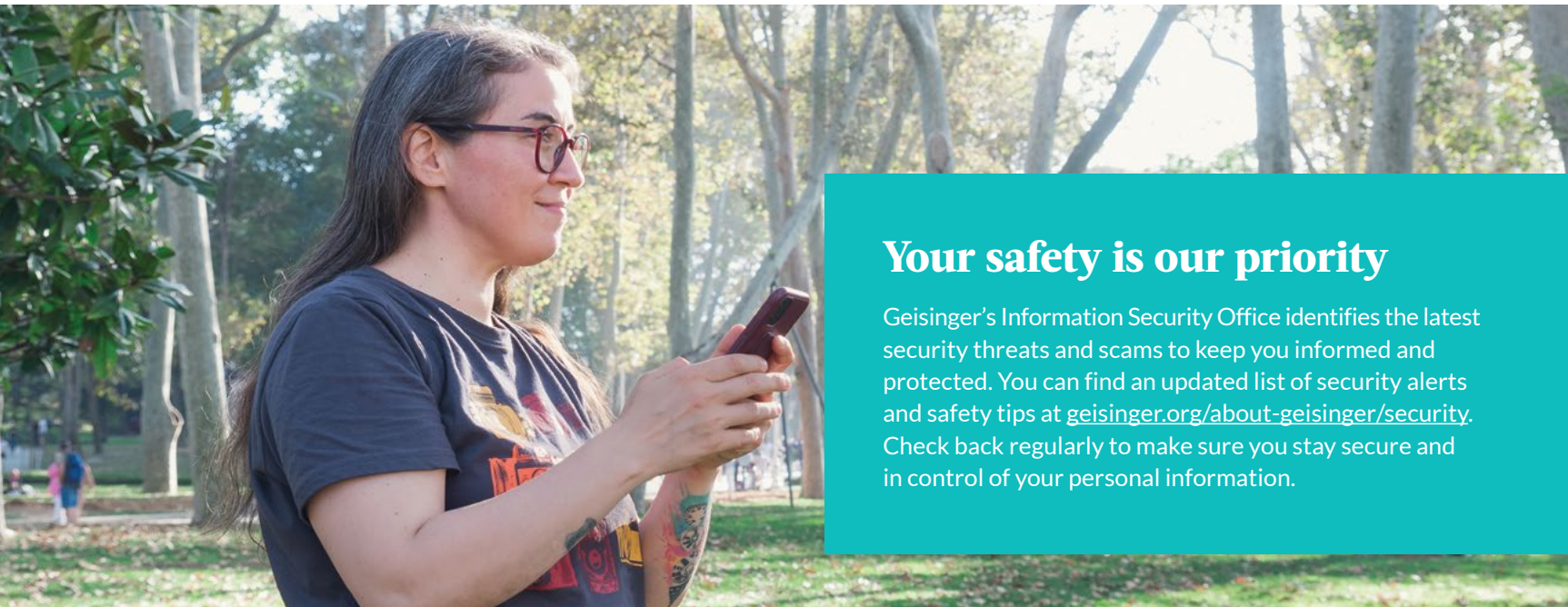
1. Cook the pasta according to directions on the box and set aside.
2. Steam the squash or thaw the frozen squash puree.
3. In a large food processor or blender, blend together the squash, cheese, milk, nutmeg, salt and pepper. Season to taste and add more milk if needed.
4. In a large saucepan, combine the sauce and pasta. Stir to coat.
5. Sprinkle with fresh Parmesan before serving.

Optional serving ideas

- Toss with fresh sage, rosemary, thyme, garlic or basil.
- Top with sautéed tofu, white beans, grilled chicken or shrimp.
- Add sautéed fresh spinach, kale or mushrooms.

**Risant Health completes
acquisition of Geisinger**

Find out why this is great
news for GHP members!
geisinger.org/risanthealth



Your safety is our priority

Geisinger's Information Security Office identifies the latest security threats and scams to keep you informed and protected. You can find an updated list of security alerts and safety tips at geisinger.org/about-geisinger/security. Check back regularly to make sure you stay secure and in control of your personal information.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Idemnity Insurance Company comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY: 711)。