

Member Update

Quarter 2, 2025

Electrolytes: The hydration heroes

Staying hydrated goes beyond drinking enough water. To maintain the right balance in your body, don't forget the electrolytes. These powerful minerals help keep your body functioning properly.

What are electrolytes?

Electrolytes are essential nutrients that help keep your body functioning properly. Typically found in bodily fluids like blood and sweat, electrolytes help to:

- Balance muscle and nerve function
- Maintain pH balance
- Repair damaged tissues
- Regulate heart rate
- Move waste products from cells
- Transmit messages between cells

Electrolytes are made up of several elements that each have different functions. These include:

Sodium: Maintains your body's fluid and blood balance, transports nutrients into and out of cells and helps transmit nerve impulses through your body.

Chloride: Promotes digestion and helps maintain proper pH levels. It also aids in moving oxygen and carbon dioxide throughout your cells.

Magnesium: Regulates blood pressure, controls blood sugar levels and supports a healthy immune system.

Potassium: Maintains bone and nervous system health and regulates kidney function.

Geisinger HEALTH PLAN

Wondering how many electrolytes you need every day to feel your best? Your recommended daily intake of electrolytes should include:

- Sodium: 500 to 2,400 milligrams (mg)
- Chloride: 750 mg
- Potassium: 2,000 to 3,500 mg
- Magnesium: 270 to 300 mg

You can get most of the electrolytes you need through a healthy, balanced diet containing foods like these.

Yogurt: A 5.5-ounce container of plain nonfat Greek yogurt contains about 173 mg of calcium, 220 mg of potassium, 212 mg of phosphorus and 56 mg of sodium.

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Fish: A filet of flounder contains about 500 mg of sodium. Pair it with green beans or broccoli for an extra electrolyte boost.

Turkey: One 3-ounce serving has 349 mg of potassium. But be aware it also has 1,200 mg of sodium — about half the daily recommended amount.

Avocados: One avocado contains 43 mg of magnesium and more than 700 mg of potassium.

Beverages: Filling your cup with sports drinks, coconut water, milk or broth replenishes needed nutrients.

Electrolytes have important work to do in your body. That's why keeping them in balance matters.

Symptoms of electrolyte imbalance

Losing a large amount of body fluids causes an electrolyte imbalance. Low electrolyte levels, like potassium, can result in cardiac arrest. A low magnesium level leads to irregular heartbeats.

You can lose electrolytes from:

- Sweating
- Dehydration
- Vomiting and diarrhea
- Urinating often

Common symptoms of electrolyte imbalance include:

- Muscle cramps
- Dizziness
- Irregular heartbeats
- Numbness and tingling
- Anxiety

Losing electrolytes happens throughout the day, so replenish them to avoid an electrolyte imbalance.

Not sure if you're getting enough electrolytes in your diet? Talk to your healthcare provider. They can check electrolyte levels in your blood and recommend supplements, if necessary.



Health coaches help you meet your wellness goals

Trying to improve your well-being, be more active or eat healthier? Geisinger's health coaches are here to support your individual needs. And they're available at no cost to you! The coaches provide 1-on-1 confidential support tailored to your unique needs. They help you build healthy habits that transform into lasting lifestyle changes. Your coach will work with you to create individualized goals and set progress measures.

The healthy habits you learn can positively impact:

- Cholesterol
- Hypertension
- Diabetes/prediabetes
- Quitting tobacco
- Healthy weight
- Mindfulness
- Stress management
- Sleep habits

Enroll today to get the support and encouragement you need to set and reach your health goals. Schedule an appointment by calling Geisinger Health and Wellness at **866-415-7138** (PA Relay 711) or by emailing wellness@geisinger.edu.

Your partner in health: New website

Better health can be easier with Geisinger Health Plan's new website, which launched in late March. Everything you need to manage your health plan is right at your fingertips in a clean, user-friendly format that's easier to navigate.

Check it out: [geisingerhealthplan.com](https://www.geisingerhealthplan.com)

Sunscreen: Your skin's best friend



Getting ready for some time in the sun? Shield your skin with some sunscreen before heading out. But with so many bottles on the shelves, choosing the right one can be tricky. So which kind is best for you?

Physical/mineral vs. chemical sunscreen

These 2 types of sunscreen both work well when applied correctly. Here's a comparison so you can choose the right type for you and your family.

Physical/mineral sunscreen:

- Blocks UV (ultraviolet) light by reflecting light or absorbing it
- Is usually less expensive
- Is hypoallergenic — good for sensitive skin and younger children
- Contains zinc oxide or titanium dioxide
- Has a thicker consistency and looks whitish on the skin
- Starts working immediately when applied

Chemical sunscreen:

- Absorbs UV light and uses a chemical reaction to keep it from damaging your skin
- Is often more expensive
- Contains chemical compounds like avobenzone, oxybenzone or octinoxate
- Is thinner than physical sunscreen and easier to apply
- Needs some time for your skin to absorb it before it starts working

SPF matters

The best sunscreen to protect your skin is one that shields against sunburn, reduces the risk of skin cancer and helps to prevent skin aging. Here's what to look for:

- Broad spectrum – protects skin from ultraviolet A and ultraviolet B rays
- SPF 30 or higher
- Water resistant for 40 – 80 minutes (reapply every 2 hours or after swimming or sweating)

Make sure to use at least 1 ounce (about 2 tablespoons) of sunscreen, spreading it on all exposed parts of your body. And it's always a good idea to put on protective clothing, a wide-brimmed hat and sunglasses before heading out to have fun in the sun.

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

New nationwide network

Starting Sunday, June 1, if you use First Health®, your wrap (expanded) network will now be provided through Cigna HealthcareSM PPO Network. You'll receive a new member ID card with the Cigna logo in the mail before June. There are no changes to your medical plan coverage or cost.

A wrap network extends our large local network and gives you access to providers all over the country with in-network cost-sharing. Emergency services are available worldwide.

Learn more: geisinger.org/cigna-resource-center

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity 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.

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