

# Member Update

Quarter 3 2023

# Geisinger

## Prep for a healthy lunch

Finding time for a healthy lunch can be tricky. But a filling lunch packed with protein and fiber not only prevents an afternoon crash, it'll keep you full and give you energy until dinnertime. Skipping lunch, on the other hand, drops your blood sugar and can lead to overeating later in the day.

Meal prepping saves time during your busy work week. By assembling healthy lunches for the week, you'll lessen the lure of fast food or missing lunch altogether. It also helps if you're following a specific diet or sticking to a budget.

Certain foods lend themselves to easy lunch prep. Salads are a good example: Make enough for the week and separate into smaller containers with dressing on the side. Another well-balanced, nutritious choice is a Japanese-inspired bento box, or a lunch box divided into sections. Examples for a bento box include:

- **Starch** – rice or noodles
- **Protein** – meat, fish or eggs
- **Vegetables** – cooked or raw carrots, snow peas or pickled veggies
- **Fruit** – some grapes, cherries or apple slices



Need a versatile, healthy recipe to get you on your way? Try this salmon salad mix served over lettuce or in a wrap or pita.

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## Salmon salad mix

Yield: 2 cups  
Prep time: 10 minutes

### Ingredients

- 1 can salmon (14.75 oz, drained)
- 1 cup dill or sweet pickle relish (or chopped pickles)
- 1 cup plain nonfat yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons lemon juice (about 1/2 lemon)

### Steps

1. Remove skin and large bones from salmon. In a medium bowl, break up salmon with a fork.
2. Add relish, yogurt, mayonnaise and lemon juice.
3. Mix until well combined.
4. Chill before serving.



## Culinary medicine

You know healthy, balanced meals are a key to good health. But if you're not sure what makes up a healthy meal or how to prepare one, our culinary medicine classes can help. Classes are free to everyone, regardless of insurance.

What's culinary medicine? It's hands-on healthy cooking classes combining culinary techniques with the science of nutrition.

### You'll learn:

- The role of food in treating and preventing disease
- Cooking skills while making new, delicious recipes
- The principles of the Mediterranean diet

Classes are led by a registered dietitian trained in nutrition education. They're held the culinary medicine teaching kitchen in Geisinger Multispecialty Clinic at 157 Roosevelt Ave. in Selinsgrove. Not nearby? Virtual classes are also available from the comfort of your own kitchen.

If you'd like to learn healthy cooking in a fun, interactive environment, sign up at [geisinger.org/cooking](https://geisinger.org/cooking).



## Welcoming wellness

Our newly improved well-being resource center is your online source for health and medical information, making it easier to manage your health in one convenient place.

### You'll find:

- A symptom checker
- Healthy recipes
- Podcasts on mental health and wellness
- Well-being resource center videos – everything from quick 10-minute workouts to breathing exercises
- Health articles on a variety of topics
- A personal health record you can access and update as needed

### Tools to change behaviors:

- Daily habits – Use this online accountability tool to accomplish your goals at your own pace by breaking them down into achievable steps.
- Health trackers – Sync your favorite fitness device to your well-being portal with our device and app connection center.
- Programs – Join challenges, request a health coach or sign up for a class — and do it all right online
- Wellness assessment – Get a snapshot of your current health by answering questions. You'll get a report of your health status and suggestions to improve it.

### Getting started is easy:

- Go to [geisingerhealthplan.com](https://geisingerhealthplan.com) and choose "select account," then "health plan members" to log in (registration is required).
- Select the "health and wellness" tab and click "wellness online."

Questions? We're here to help. Call us at 866-415-7138.

## Open the door to managing your health

For tools to make your healthcare easier, sign in or create a member portal account at [go.geisinger.org/membernews](https://go.geisinger.org/membernews). Some of the things you can do:

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

## Well-being starts here

Taking care of yourself and your family is one of the most important things you'll do in your lifetime. The Geisinger wellness portal connects you with health information, resources and tools to help manage your health.



Inside the wellness portal, you'll find a Wellness Assessment. Answer questions about your health and get recommendations for the areas needing improvement. You'll also find many other resources to help you make creative, positive lifestyle changes. Get started on your path to better health by logging into the member portal at [geisinger.org/health-plan/sign-in](https://geisinger.org/health-plan/sign-in) and selecting *Wellness Online* under the Health and Wellness drop-down menu. Trouble logging in? Email us at [wellness@geisinger.edu](mailto:wellness@geisinger.edu).

## #1 in member satisfaction, thanks to you!

### Among commercial plans in PA

For four years in a row, J.D. Power ranked Geisinger Health Plan #1 in member satisfaction among commercial health plans in Pennsylvania. Criteria are based on:

- Cost
- Coverage and benefits
- Customer service
- Information and communication



Trophies are great, but our greatest reward is your good health. Thanks for making us first in member satisfaction — again!

Learn more at [geisinger.org/jdpower](https://geisinger.org/jdpower). For J.D. Power 2023 award information, visit [jdpower.com/awards](https://jdpower.com/awards).

*Geisinger Health Plan may refer collectively to healthcare coverage sponsors Geisinger Health Plan, Geisinger Quality Options Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. Geisinger Health Plan is part of Geisinger, an integrated healthcare delivery and coverage organization.*





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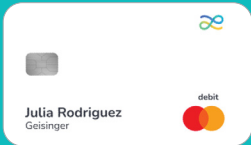
Geisinger Care Card

Need help paying for out-of-pocket healthcare services? Pay over time on your terms with Geisinger Care Card. Any Geisinger patient can get the card and is automatically approved.

Pay for your copay or deductible with your card. The Care Card will pay Geisinger the full amount of your bill. Then what you owe to the Care Card is split into affordable monthly payments, based on the terms you select during activation. The self-service portal makes it easy to manage your card.

You pay only what you owe — there's never any interest or added fees. Signing up for the card won't affect your credit score.

Get started by going to [geisinger.payzen.com](https://geisinger.payzen.com), and breathe a little easier.



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.

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