

A woman with blonde hair, wearing a green puffer vest over a grey long-sleeved shirt, is standing in a grocery store aisle. She is looking down at a bottle of pink liquid in her hands. The aisle is filled with various products, including snacks and drinks. The background is slightly blurred, showing more shelves and products.

GEISINGER HEALTH PLAN

# Member Update

Quarter 3, 2025

**Geisinger**  
HEALTH PLAN

## 4 ways to eat less sugar

Sugar can be tough to avoid. So how do you get closer to meeting the World Health Organization's recommendations for a maximum daily "added" sugar intake of no more than 6 teaspoons per day? Cutting back gets a lot easier once you start paying attention to these 4 tips.

### 1. Avoid sugar-sweetened beverages.

According to the Centers for Disease Control and Prevention, sugar-sweetened beverages are the leading source of added sugar in the American diet. A single 12-ounce bottle of cola contains more than an entire day's worth of added sugar.

### 2. Learn sugar's code names.

Sugar goes by many names — nearly 50! Look closely at food and drink labels and you'll spot added sugars hiding under names like corn sweetener, corn syrup, dextrose, fructose, glucose, honey, brown rice syrup, maple syrup, lactose, malt syrup, maltose, molasses, sucrose and trehalose. Even foods

marketed as healthy, such as energy bars, energy drinks and even salad dressing, can be loaded with added sugar.

### 3. Go unwrapped.

Focus on whole foods like fresh fruits and vegetables. Foods prepared by food manufacturing companies and that come in a wrapper, box, bottle, can or package can have added sugars. So try to eat fewer processed foods — and if you do choose a prepared or processed product, be sure to read the food label for both the grams of sugar and added sugar, as well as the other ingredients.

### 4. Don't try to quit sugar all at once.

You're more likely to stick with a habit if you start it slowly. Try lowering your sugar intake gradually, by swapping out one food or drink with a healthier alternative every day or few days. For example, instead of a candy bar, choose a piece of fresh fruit (which naturally has sugar, but not added sugar).



## Need support for back-to-school needs?

School clothing and supplies — whether for your children, grandchildren or other family members — might not seem like a top healthcare need. But access to adequate clothing and school supplies are essential for healthy living. Even though they're necessary, clothing and school supplies aren't always easily affordable. Through Geisinger's approach to caring for your whole health, you get improved access to resources when you need them.

Neighborly helps you access free or low-cost programs, including those that help with clothing and school supplies.



### Interested in learning more?

Visit [neighborlypa.com](https://neighborlypa.com) or scan the QR code. Then enter your zip code and search using keywords in the search bar. You can also explore options under the Goods > Clothing category or Education > Help Pay for School category.

## Can't find your GLP-1s?

If your local pharmacy closes, don't worry. Geisinger Pharmacy will partner with you in your diabetes care by making sure you have the GLP-1s you need when you need them. With Geisinger Mail-Order Pharmacy, you can even have them delivered right to your doorstep. And our expert pharmacists are here to help with questions about your medication, dosage or side effects.

Call Geisinger Mail-Order Pharmacy at 844-878-5562 or find a pharmacy near you at [geisinger.org/pharmacy/locations](https://geisinger.org/pharmacy/locations).





## Telehealth: Care + convenience

Online doctor visits (also called telehealth, telemedicine or virtual visits) are healthcare made convenient. And with GHP, you have options for care from the comfort of home:

- **Primary care providers** can treat many routine issues like colds, allergies and minor infections through telehealth.
- **Specialists** also offer telehealth visits for issues including heart, skin, brain and joint care, as well as mental/behavioral health.
- **Virtual urgent care** offers your employees same-day appointments on weekdays and weekends for minor, non-emergency medical concerns like allergies, insect bites, coughs and UTIs. Visit [geisinger.org/virtual-health](https://www.geisinger.org/virtual-health).

If you see Geisinger doctors, you can call 800-275-6401 or log into MyChart/MyGeisinger to find out if your next visit can be virtual.

Finally, any GHP member can take advantage of the Tel-A-Nurse hotline. When you call 877-543-5061, you can get health advice 24/7 from a registered nurse about a variety of issues.

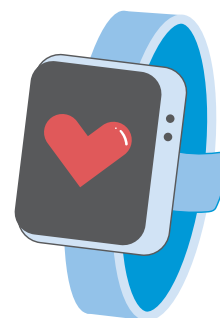
## Your health, your tools, your way

Manage your health in one convenient place through all the tools and resources in your online member portal. You'll find:

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

### Tools to change behaviors

- **Daily habits** – Use this tool to accomplish your goals by breaking them down into achievable steps.
- **Health trackers** – Sync your favorite fitness device to your portal with our device and app connection center.
- **Programs** – Join challenges, request a health coach or sign up for a class.



### Wellness assessment tool

One of the first steps toward a healthier you: getting a snapshot of your current health. Answer some questions to get a report on your health status and suggestions to improve it. You can access and update your wellness assessment anytime. You'll also have tools to track your eating and exercise habits.

### Getting started is easy

1. Go to [geisingerhealthplan.com](https://www.geisingerhealthplan.com) and choose "Sign In" to log in (registration is required).
2. Go to the "GHP Member Portal" option.
3. Go to the "Health and Wellness" tab and click "Wellness Online."



### Questions?

Call 866-415-7138 or email [wellness@geisinger.edu](mailto:wellness@geisinger.edu).

# Behavioral healthcare, wherever life takes you

Geisinger Health Plan recently selected the nationwide Cigna Healthcare® PPO network<sup>1</sup> to provide access for eligible members who live or travel outside the GHP network coverage area. If you're beyond the Geisinger Health Plan network, you'll have access to Evernorth Behavioral Health network providers for help with mental health and substance use disorders. It's simple to find a provider and schedule an appointment. Just visit [go.geisinger.org/cignabehavsearch](https://go.geisinger.org/cignabehavsearch) for instructions. Access care from anywhere with virtual appointments — because your health and well-being has no boundaries.



*<sup>1</sup>Cigna Healthcare PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna Healthcare PPO Network for Shared Administration. All Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company and Evernorth Behavioral Health, Inc. The Cigna Healthcare name, logo, and other marks are owned by Cigna Intellectual Properties, Inc.*

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