

Member Update

Quarter 3, 2023

Prep for a healthy lunch

Finding time for a healthy lunch can be tricky. But a filling lunch packed with protein and fiber prevents an afternoon crash, keeps you full and gives you energy until dinnertime. Skipping lunch drops your blood sugar and can lead to overeating later in the day.

Meal prepping saves time during your busy 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** – 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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Geisinger

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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 in the culinary medicine teaching kitchen in Geisinger Multispecialty Clinic at 157 Roosevelt Ave. in Selinsgrove. Can't attend in person? 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://www.geisinger.org/cooking).

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/familynews](https://www.go.geisinger.org/familynews). Some of the things you can do:

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





Don't lose your benefits!

To keep all your benefits from GHP Family, you must stay eligible for Medical Assistance. You'll get a renewal packet in the mail when it's time to renew your Medical Assistance. Complete and return the forms by mail or in person at your local county assistance office, or complete your renewal online on the COMPASS website, dhs.pa.gov/COMPASS. You can also renew by phone at 866-550-4355.

Be sure to submit your renewal, even if nothing has changed. Make sure your address and phone number are up to date. The Department of Human Services (DHS) will determine if you're still eligible. If you are, your coverage under GHP Family will continue uninterrupted. If you are **not** eligible for Medical Assistance, your information will be securely transferred to Pennie®, Pennsylvania's official health insurance marketplace, where you can select a qualified health plan that best fits your needs. Only Pennie can connect you to financial savings to help reduce the cost of coverage and care. Pennie will mail you a notice that includes your pre-filled application, estimate of financial savings and important enrollment deadlines. For more information, go to pennie.com or call 844-844-8040.

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 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 855-227-1302 (PA Relay 711).



Domestic violence programs

There are 59 domestic violence programs in Pennsylvania. They are all members of the Pennsylvania Coalition Against Domestic Violence. These organizations help people who have experienced abuse.

Most of these programs offer the following services:

- A 24/7 hotline. Anyone who would like information about domestic violence can call. People do not need to be in crisis. People can remain anonymous when calling. Some programs also have text lines.
- Housing resources. Some domestic violence programs have shelters. Some may make use of hotels. Other programs may have different types of housing resources available.
- Legal advocacy services. These are not attorneys. They are people who can share information about the legal system. They can also support survivors who are going to court.
- Community education. Domestic violence programs can share their knowledge with professionals and community members. Educational events offered by programs help people support survivors. They also help connect to them to many resources.

Domestic violence programs do not charge survivors for this work. Anyone can reach out for help and support. People who work at these programs receive training before they work with survivors. Find your local domestic violence program on the Pennsylvania Coalition Against Domestic Violence website. The services offered by these programs are provided at no cost and are confidential. pcadv.org/find-help/find-your-local-domestic-violence-program. PA Safe Law helps support survivors of domestic violence and other crimes. They help people navigate civil legal matters in Pennsylvania. Their phone number is 833-727-2335.

The National Domestic Violence Helpline: 800-799-SAFE (7233) or to chat: thehotline.org.

HIV testing

The Centers for Disease Control and Prevention recommends everyone between the ages of 13 and 64 get tested for HIV at least once as part of routine healthcare, and more often if you take part in activities putting you at a higher risk for HIV.

HIV tests are usually done on blood, urine or saliva. No test can detect HIV immediately after infection. If you think you've been exposed to HIV in the last 72 hours, talk to a health care provider about post-exposure prophylaxis (PEP), right away. PEP means taking medicine to prevent HIV after a possible exposure and should be used only in emergency situations. PEP medications must be started within 72 hours of a possible exposure to HIV.

Pre-exposure prophylaxis (PrEP) is medicine people at risk for HIV take to prevent getting HIV from sex or injection drug use. PrEP medication is covered by your GHP Family plan and is available without a copay.



Discrimination is against the law

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

Geisinger Health Plan does not exclude people or treat them differently because of race, color, national origin, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression or sexual orientation.

Geisinger Health Plan provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Geisinger Health Plan provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Geisinger Health Plan at 800-447-4000.

If you believe that Geisinger Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation, you can file a complaint with:

Civil Rights Grievance Coordinator Geisinger Health Plan Appeals Department 100 North Academy Avenue Danville, PA 17822-3220 Phone: 866-577-7733, PA Relay 711 Fax: 570-271-7225 Email: GHPCivilRights@thehealthplan.com	The Bureau of Equal Opportunity Room 223, Health and Welfare Building P.O. Box 2675 Harrisburg, PA 17105-2675 Phone: 717-787-1127, PA Relay 711 Fax: 717-772-4366 Email: RA-PWBEOAO@pa.gov
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You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Geisinger Health Plan and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW
Room 509F, HHH Building
Washington, DC 20201

Phone: 800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 800-447-4000 (PA RELAY 711).

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

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (PA RELAY: 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 (PA RELAY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-447-4000 (PA RELAY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-447-4000 (رقم هاتف الصم والبكم: PA RELAY: 711).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 800-447-4000 (PA RELAY: 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-447-4000 (PA RELAY: 711). 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-447-4000 (PA RELAY: 711)។

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-447-4000 (PA RELAY: 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 800-447-4000 (PA RELAY: 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-447-4000 (PA RELAY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-447-4000 (PA RELAY: 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 800-447-4000 (PA RELAY: 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 800-447-4000 (PA RELAY: 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 800-447-4000 (PA RELAY: 711).

Share your thoughts

Join the GHP Family Health Education Advisory Committee, make your ideas heard, and work with healthcare practitioners and staff in your area. GHP Family members who participate will receive a \$5 gift card.

The committee meets twice a year in each zone. You can learn about new programs with GHP Family and give feedback on how we can improve the health services we offer you. You'll also hear about disease prevention, programs to help chronic conditions like diabetes and high blood pressure, how we help in the community and more.

For more information, call 866-415-7138 (PA Relay 711).

