

GEISINGER HEALTH PLAN

Member Update

Quarter 4 2024



Geisinger

Arm yourself with a flu shot this season

The CDC (Centers for Disease Control and Prevention) recommends everyone 6 months and older get a flu vaccine every year. It's easy to get yours.

- You can make an appointment by logging into MyGeisinger/MyChart.
- Call **866-915-2313** to schedule an appointment.
- Walk into any Geisinger doctor's office, ConvenientCare (must be age 9 or older) or pharmacy.

Find a convenient location to get your flu shot at [geisinger.org/ghpflu](https://www.geisinger.org/ghpflu).

The CDC issued respiratory virus guidance to provide information and recommendations to help lower the risk of common respiratory illnesses, including COVID-19, flu and RSV. You can find this information at [cdc.gov/respiratory-viruses/guidance](https://www.cdc.gov/respiratory-viruses/guidance).

In this issue:

- 2 New features in MyChart/MyGeisinger
- 2 Clearing the air on COPD
- 3 Beat burnout and recharge your workday



New features in MyChart/MyGeisinger

Now live in Spanish

Key items in MyChart — including menus, activity pages and notifications — are now available in Spanish. Watch for more features soon.

Healthy Pregnancy Care Companion

During pregnancy, you have many things to keep in mind. With Healthy Pregnancy Care Companion, we bring together the traditional tracking of other pregnancy apps with the medical information that's most important during pregnancy, all in one place.

Improving your experience

Some recent enhancements to the patient portal:

- Consolidated pre-visit updates: You only have to complete one for most upcoming appointments.
- Can't find an appointment with your provider? Search their team for openings, too.
- The new School Health Summary lets you print one document with information about allergies, medications, immunizations and health issues to provide to most schools along with physical forms.
- It's now easy to pay copays or outstanding balances and see pending insurance claims right in your account

When to message and when to make an appointment

Message your care team in MyChart/MyGeisinger to communicate about:

- Issues you're being treated for
- Questions about medications

But if you have a new health concern, use MyChart/MyGeisinger to schedule an appointment.

For prescription refills or renewals, visit "medications" and submit requests directly to your provider or Geisinger pharmacy. No need to send a message!

Log into your account at [geisinger.org/mygeisinger](https://www.geisinger.org/mygeisinger) or download the MyChart mobile app in the Apple app store or Google Play store.

Clearing the air on COPD

Know your lung function. That's the theme of this year's World COPD Day, observed Nov. 20. Lung function tests can detect chronic obstructive pulmonary disease early — when many people might dismiss symptoms like shortness of breath and coughing as a normal part of aging or a consequence of inactivity. Early diagnosis and treatment can significantly improve your quality of life and prognosis if you're diagnosed with COPD.



Measuring lung function helps in:

- Diagnosing COPD and other conditions like asthma
- Monitoring the progression of lung diseases
- Assessing the response to treatment
- Determining the severity of pulmonary impairment

If you're at risk of COPD, especially if you're a long-term smoker, it's smart to have regular spirometry testing to monitor your lung health. Being proactive — understanding and taking care of your lung function — is what this year's theme of World COPD Day is all about. For more information, discuss with your healthcare provider.

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Our communities offer local social resources. If you or someone you know needs them, Neighborly is here to help.

This easy-to-use online network helps you connect

to free and reduced-cost programs and services, including food, housing, childcare, transportation, education, healthcare, legal services and help with utilities and financial issues. Find out about resources available in your neighborhood at [neighborlypa.com](https://www.neighborlypa.com).

NeighborlyPA is also available as a user-friendly mobile app available for Android and Apple (iOS) devices. Download it from [neighborlypa.com](https://www.neighborlypa.com) or scan the appropriate QR code.



↑ Android Apple ↓





Beat burnout and recharge your workday

Does work leave you feeling worn out mentally or emotionally — or both? Burnout can affect every part of your life, including your physical and mental health. Try these tips to cope with burnout so you can feel your best on the job and at home.

- 1. Focus on self-care.** Self-care is an essential part of maintaining your mental and emotional health. Make time for activities that bring you joy and relaxation, like reading, yoga or spending time with loved ones.
- 2. Seek support.** Look for support when you need it. Connect with fellow employees, join a professional network or get help from a mental health professional. Sharing experiences can provide valuable insights and emotional support.
- 3. Take care of your physical needs.** Aim for a balanced diet, regular exercise and sufficient sleep. Fueling your body and getting enough rest are essential to combat stress.
- 4. Practice mindfulness.** Try deep-breathing exercises, meditation or simply being present in the moment to reduce stress and increase focus.
- 5. Set boundaries.** Create a healthy balance between your professional and personal life. Set specific times for work and leisure. Say no when necessary and delegate tasks when possible.
- 6. Practice self-compassion.** Be kind to yourself and focus on accomplishments instead of mistakes. Treat yourself as you would a loved one.
- 7. Celebrate small wins.** Recognize and celebrate your achievements. You'll boost your motivation and overall well-being.
- 8. Take breaks.** Allow regular breaks throughout the day to recharge and refocus. Step away from your workspace and stretch or get in a quick physical activity.
- 9. Invest in professional development.** Attend workshops, conferences or online courses to enhance and refresh your skills and reignite your passion.
- 10. Be clear with expectations.** Communicate with your supervisor to be sure you have a good understanding of what they expect to alleviate stress and feeling overwhelmed.

Recognize the symptoms of burnout when they begin so you can take steps to manage it before things get out of control.



It's sweater weather. Feeling chili?

Heavy in flavor and high in fiber and protein, this hearty favorite keeps sodium levels low with no-salt-added canned goods.

Makes 6 servings.

Ingredients

- 2 tablespoons canola or corn oil
- 1 onion, chopped
- 1¼ lbs. ground skinless turkey breast
- 2 garlic cloves, minced (or ½ teaspoon garlic powder)
- 2 teaspoons chili powder
- ½ teaspoon pepper
- ½ teaspoon ground cumin
- 1 15.5-ounce can no-salt-added pinto beans, rinsed and drained
- 1 15.5-ounce can no-salt-added black beans, rinsed and drained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1¼ cups fat-free, low-sodium chicken broth
- 1 cup frozen whole-kernel corn
- 1 6-ounce can no-salt-added tomato paste
- 4 medium green onions (green part only), sliced

Directions

1. In a skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the chopped onion for 3 minutes, or until soft, stirring occasionally.
2. Reduce the heat to medium. Stir in the turkey. Cook for 5 minutes, or until browned, stirring frequently to turn and break up the turkey.
3. Transfer to a slow cooker.
4. Stir in the garlic, chili powder, pepper and cumin. Stir in the remaining ingredients except the green onions. Cook on high for 4 hours or low for 6 hours.
5. When serving, sprinkle with green onions to garnish.

Recipe adapted from the American Heart Association.

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



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.

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

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