

Member Update

Fall 2022



Geisinger

When is Tamiflu right for you?

The antiviral medication Tamiflu® is used to prevent and treat certain strains of the flu. But should everyone take it?

What does it do?

Tamiflu, or oseltamivir, is a prescription pill that helps your body's immune system fight off the flu virus.

You need to take the medication within 48 hours of the start of your symptoms for it to be effective. If you take it early enough, it can shorten your illness by a couple of days and ease your symptoms. Doctors can also prescribe Tamiflu preventively to high-risk patients who've been exposed to someone with the flu.

A pesky flu can sometimes turn into a more serious condition, like a sinus infection or pneumonia. Treating with Tamiflu helps make that less likely.

Tamiflu only works against the influenza virus — not bacterial infections or other viral infections, like the common cold or COVID-19.

Who should take Tamiflu?

Since it's a prescription medication, you'll need to contact your healthcare provider as soon as you feel symptoms coming on. It's best for people who have certain conditions, such as:

- Diabetes
- Kidney disease
- Asthma or other lung problems
- Liver, blood or neurological conditions
- Heart disease
- Being significantly overweight

Even if you don't have any of these conditions, talk to your doctor. They may have other reasons for you to take this medication, such as being in contact with young children or older adults. Your doctor can also advise you of any side effects and risks from taking Tamiflu.

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What are the side effects of Tamiflu?

Common side effects include:

- Diarrhea
- Headache
- Nausea
- Vomiting

Usually, these side effects aren't severe and occur during the first couple days of treatment.

More serious side effects are not as common. Keep an eye on anyone taking Tamiflu. If you spot any unusual behavior, report it to a healthcare provider.

Prevention is your best bet

You don't need an antiviral at all if you don't get sick. Preventing the flu starts with getting a flu shot. It reduces your risk of coming down with the flu — and makes it less severe if you do get it.

And of course, having your annual flu shot protects others, like your family members, friends and anyone else you meet.

These tried-and-true preventive measures can also help:

- Wash your hands frequently.
- Avoid touching your eyes, nose and mouth.
- Clean high-touch surfaces often.
- Stay away from sick people.

Easy access to your medical records and more

MyGeisinger allows you to manage your care at home and on the go with the MyChart app. Once you activate your MyGeisinger account, you'll be able to:

- Schedule and manage your appointments
- Message your healthcare provider and care team
- View most lab and test results
- Renew prescriptions
- Grant or change access to your electronic health information

Not only can you schedule office visits with a healthcare provider, you can have virtual visits online in the comfort of your home.

Create your MyGeisinger account:

Geisinger patients age 18 and over can register for a MyGeisinger account online at mygeisinger.org. Click "create account" to get started.

Next, fill out the user registration form, create a user ID and password, choose a security question and answer, and lastly, accept the terms and conditions.



Wellness corner

Getting your high-priority preventive healthcare is like carrying an umbrella when you see rainclouds. It's a great way to protect yourself! So don't delay — set yourself up for a happy and healthy new year by staying up on your preventive screenings and vaccines. Did you get your flu shot? How about your mammogram or coloscopy? Now is a great time to check with your healthcare provider to find out what preventive screenings you need.

Up to date on your preventive screenings and still want to finish the year strong? Join our holiday weight maintenance challenge, "Maintain, Don't Gain." You'll get the information you need to stay healthy this holiday season. Sign up for wellness challenges, classes, webinars and a monthly wellness update email at go.geisinger.org/wellnesscalendar.



Activate your MyGeisinger account:

During registration, you'll request access to your Geisinger medical record. You can choose whichever activation method that works best for you:

- Instantly activate your account online by answering questions provided by a third party to verify your identity. You'll need to review and accept a second set of terms and conditions.
- Request an activation code to be mailed to your home address. Once you receive it, follow the instructions to activate your account.

Manage care for your loved ones

With family access, you can view your loved one's online medical record, schedule and manage appointments, renew prescriptions, and communicate with their care team.

Just follow these simple steps:

1. Sign into MyChart
2. On the menu, under "Sharing," choose "Request Family Record Access."
3. Fill out the appropriate form based on your loved one's age.
4. Follow instructions to submit.

You'll receive a response within five to seven business days. Children age 13 to 17 can access their own records with approval from a parent or legal guardian. If you have proxy access to a child's account, you'll need to reestablish that access when the child turns 14.

Need help?

Visit geisinger.org/mychart/issue-help or call us at 570-214-0003 if you're having any issues.

Geisinger hospitals recognized by U.S. News & World Report

Five Geisinger hospitals were recognized for high performance in the 2022 U.S. News & World Report "Best Hospitals" rankings. They received high performance rankings for a variety of specific procedures and conditions. Read on to find out where each hospital took top honors:



Badge shown is for Geisinger Medical Center and its subsidiaries.

Geisinger Medical Center

Pulmonology and lung surgery, heart failure, kidney failure, stroke, COPD, colon cancer surgery, maternity care, abdominal aortic aneurysm repair, heart attack

Geisinger Wyoming Valley Medical Center

Pulmonology and lung surgery, heart failure, kidney failure, stroke, COPD, heart attack, hip replacement

Geisinger Community Medical Center

Heart failure, kidney failure, stroke, COPD, knee replacement

Geisinger Bloomsburg Hospital

Maternity care

Geisinger St. Luke's Hospital

Hip fracture care

The annual U.S. News & World Report "Best Hospitals" report ranks hospital performance in 15 adult specialties, 10 pediatric specialties and 20 surgical procedures and medical conditions. Rankings are based on patient outcomes, as well as overall patient experience, hospital staffing and other factors, and are meant to help patients choose the right hospital for the care they need.

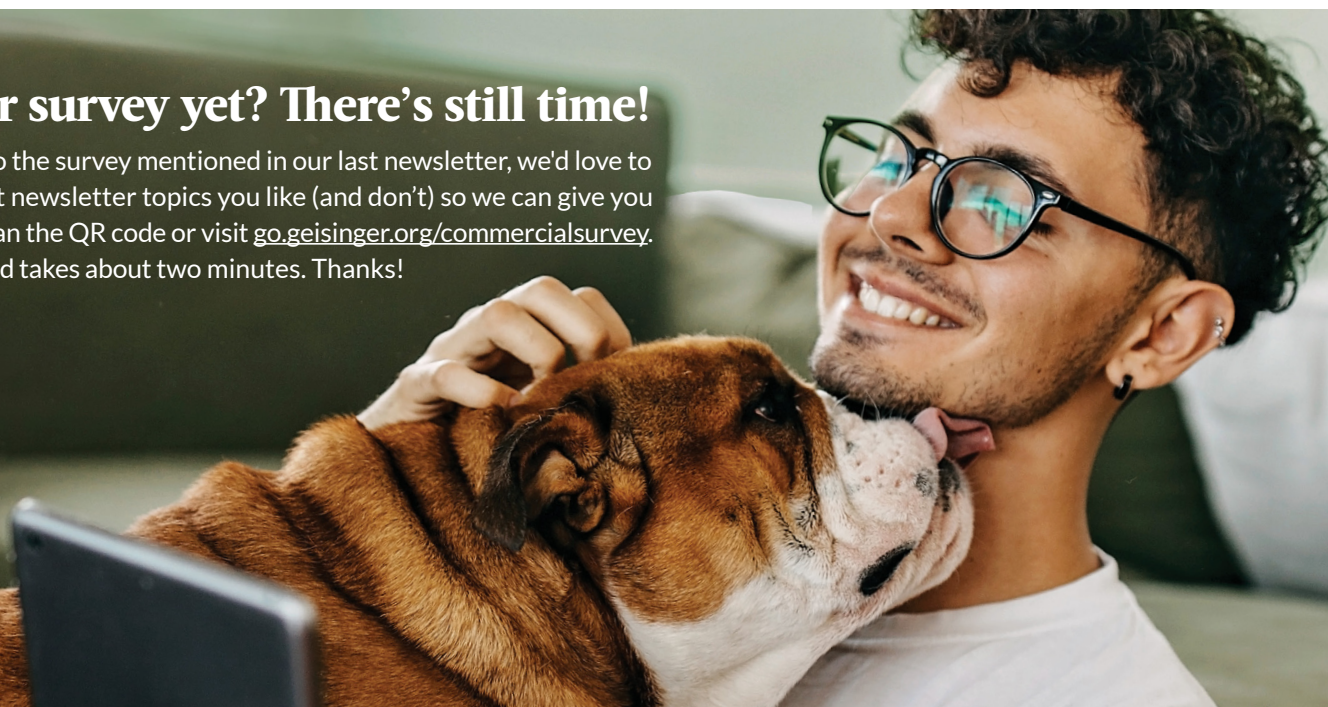
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Didn't take our survey yet? There's still time!

If you haven't responded to the survey mentioned in our last newsletter, we'd love to hear from you. Tell us what newsletter topics you like (and don't) so we can give you more of what you want. Scan the QR code or visit go.geisinger.org/commercialsurvey. It's only three questions and takes about two minutes. Thanks!



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

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