

GEISINGER HEALTH PLAN

Member Update

Spring 2021



Geisinger

GHP – Caring for you

The latest COVID-19 news

For the latest on the availability of COVID-19 vaccine appointments and FAQs about the vaccine, go to [geisinger.org/COVIDVax](https://www.geisinger.org/COVIDVax). You can even sign up to receive vaccine eligibility updates from Geisinger and message us with your questions about testing or scheduling care. Don't live near a Geisinger vaccine clinic? Visit [health.pa.gov](https://www.health.pa.gov) for information on vaccine locations near you.

Online visits make healthcare more convenient

Keeping up with routine care is more important than ever. We're working hard to make sure it's safe for you to visit, but you can also connect with your doctor from the comfort of home with

telemedicine appointments. No need to cancel an appointment because of a busy schedule, transportation hiccups or iffy weather. Visit [geisinger.org/telemedicine](https://www.geisinger.org/telemedicine) or call your doctor or 800-275-6401 to see if telemedicine visits are available.

Stay engaged in your health with wellness events

GHP offers wellness webinars and challenges every month to keep your health on the right track. See inside for a list of events and details.

Wellness events

Stay engaged in your health and well-being through a variety of monthly programming offered by our wellness team.

You'll build healthy habits and keep yourself motivated to reach your personal health goals. Ready to sign up? Visit go.geisinger.org/WellnessCalendar. If you need help registering or have any questions, call 866-415-7138 or email wellness@geisinger.edu. All events are on Wednesdays and last 30 minutes.

April

National Humor Month

Go ahead, laugh it up! Science says you'll heal the emotional and physical effects of stress and burnout.

Webinars

Distracted driving

April 14, 10 a.m.

Foot health

April 28, 10 a.m.

Healthy mind, healthy you: Mental health and wellness

April 21, noon and 2 p.m.

Take control of your mental health by reviewing the warning signs and symptoms of mental illness, exploring ways to maintain your mental health and identifying resources available for help.

May

Self-care challenge

By maintaining a healthy relationship with yourself, you can be the best version of you. To complete this challenge, try 20 different daily self-care activities throughout the month of May.

Webinars

Osteoporosis

May 12, 10 a.m.

Happiness

May 26, 10 a.m.

For blood pressure's sake, run, jump and shake

May 19, noon and 2 p.m.

Join us to discover how regular blood pressure screenings and healthy lifestyle changes can keep your blood pressure in check!

June

Men's health month

Guys, this is the month to improve your health by eating healthier, moving more and scheduling preventive screenings.

Webinars

Good night, sleep tight

June 9, 10 a.m.

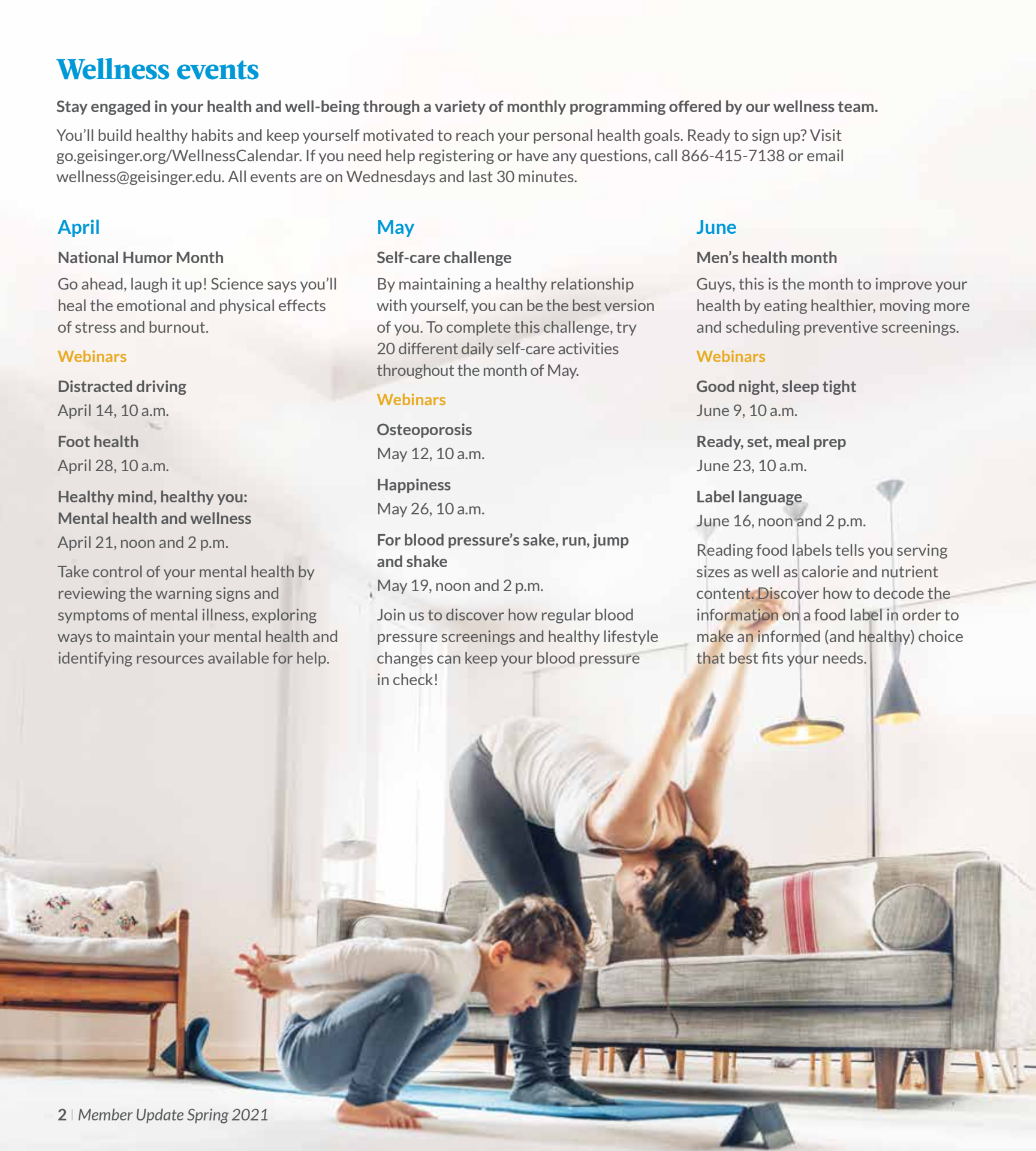
Ready, set, meal prep

June 23, 10 a.m.

Label language

June 16, noon and 2 p.m.

Reading food labels tells you serving sizes as well as calorie and nutrient content. Discover how to decode the information on a food label in order to make an informed (and healthy) choice that best fits your needs.



Convenience, delivered.

Want to run one less errand? With Geisinger Mail-Order Pharmacy, you'll receive 90-day supplies of medications mailed right to your doorstep.* Shipping is free, you can save up to 50% on drug copays and you can sign up for automatic refills.

To get started, call the Geisinger Mail-Order Pharmacy at 844-878-5562 on weekdays from 6:30 a.m. to 5 p.m. or visit [geisinger.org/pharmacy](https://www.geisinger.org/pharmacy).

**This benefit includes maintenance medications, like diabetes, blood pressure or cholesterol medications, but does not include all medications. Benefits and costs will vary, depending on your specific coverage, or if you're enrolled in a cost assistance program. Contact the Customer Care Team with any questions.*

Ready to get your GED? We can help!



Preparing to earn your high school equivalency diploma? If you're a GHP member, Geisinger offers financial GED® support. Getting your GED expands your options for job opportunities as well as higher education and career advancement.

You can complete an application online by visiting the Wellness section of the Geisinger Health Plan member portal at [geisinger.org/health-plan/sign-in](https://www.geisinger.org/health-plan/sign-in). After signing in, click on the Health and Wellness drop-down menu and choose "GED Funding Application." Questions?

Call Health and Wellness at 866-415-7138, Monday through Friday from 8 a.m. to 5 p.m. For more information on GED testing in Pennsylvania and the materials needed, or to create a no-cost account, visit [ged.com](https://www.ged.com).

GHP member portal

Want to keep tabs on your benefits and costs? Manage your prescription drugs? Explore health and wellness tips and programs? Log into our secure member portal at [GeisingerHealthPlan.com/SignIn](https://www.GeisingerHealthPlan.com/SignIn) today!

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).

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 (TTY: 711)。

April is National Donate Life Month

"Thinking of being a kidney donor? The recovery process isn't that bad," says Mike, of Factoryville, Pa. "And when you consider the fact that you're giving someone else the gift of life, you know it's more than worth it."

Coverage for organ transplants varies by plan. Please refer to your plan benefits.



Chris (right) is doing well after receiving a kidney from his friend Mike.

Behavioral health case management

All Geisinger Health Plan members are eligible for care coordination. Behavioral health case management serves those with serious mental illness, substance use disorders or serious psychosocial stressors. Get the help you need to navigate your care and get services you need to thrive and be healthy. If you'd benefit from behavioral health case management, contact your doctor or call 888-839-7972.



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Geisinger Health Plan may refer collectively to health care 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 health care delivery and coverage organization.

Cost and quality of care, just a click away

Healthcare just got easier, more affordable and more accessible to our members.

A new online shopping tool is now available exclusively to Geisinger Health Plan (GHP) members with an active member portal account. With the Geisinger Cost Transparency tool, you can compare cost and quality for many common medical services, as well as complex episodes of care. You'll not only see the average historical cost for a procedure, but an estimate of out-of-pocket expenses based on the benefit plan you're currently enrolled in.

Get advice from doctors, plan your healthcare spending and know you're getting the best all-around care available. Ready to try it? Just choose "Find a Provider" in the member portal to access the tool.

The cost information provided is an estimate and is for informational purposes only. Contact GHP or your doctor to get actual pricing and coverage for a specific procedure. Price is just one of many factors in determining a care plan. Factors like quality, convenience and access to care are not included in the estimate. The tool is available only to members who have an active Geisinger member portal account.

Geisinger Lock Haven Medical Clinic is now open

Geisinger's new facility at 68 Spring St. in Lock Haven has everything you need for great care close to home:

- Medication therapy management
- Imaging and lab services
- Skin, heart and GI care
- Bone and joint care
- Foot care
- Pharmacy
- Walk-in urgent care
- Women's health services
- Adult and pediatric psychology
- Adult and pediatric primary care
- Physical and occupational therapy



Find out more at go.geisinger.org/LockHaven.