

GEISINGER GOLD

Member Update

Winter 2021



Geisinger

It's not too late to get your flu shot

Getting a flu shot early in the fall is best, but if it slipped your mind, don't worry. Getting one now can still protect you for the remainder of the flu season. Flu viruses change, so the annual vaccine is updated to protect against the virus strains that are expected to go around this year.

Because of the pandemic, getting a flu shot is especially smart this year. Vaccination against the flu helps in two ways. First, if it keeps you from being

hospitalized with the flu, that puts less strain on your local healthcare system. Second, it can prevent a disease with symptoms that are very similar to those of COVID-19.

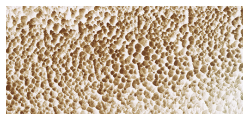
Older adults should get a seasonal flu vaccine every year — especially if you have chronic health conditions. Contact your doctor today to schedule your flu shot. Then you can breathe easy for the rest of flu season.

Keeping your bones healthy

Osteoporosis, when bones become weak and break more easily, happens when your body doesn't create new bone as fast as it removes old bone. Luckily, an easy test will tell you your bone density — and then, with a few simple lifestyle changes, you can keep your bones strong.

Factors that put you at higher risk for osteoporosis

- Sedentary lifestyle
- Weighing less than 127 pounds
- Excessive drinking
- Being 50 or older
- Breaking a bone after age 50
- Smoking
- Being post-menopausal (women of any age)
- Low calcium and vitamin D intake
- Taking medication that causes bone loss



Healthy bone density



Osteoporosis

You should also ask your doctor about osteoporosis if you have:

- Height loss of ½ inch or more within 1 year or total height loss of 1½ inches from original height
- Developed a hunched posture or had sudden back pain with no cause

Keep your bones strong

- Make sure you get enough calcium and vitamin D every day. Split your calcium intake into 3 servings throughout the day.
- Do weight-bearing, endurance and muscle-strengthening exercises (e.g., brisk walking, aerobics class, tennis, dancing) for at least 2½ hours each week.
- Stop smoking.
- Consume less than 2 alcoholic drinks per day. Talk to your healthcare provider about your risk for osteoporosis.



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)。

Prescriptions at your doorstep

Who wouldn't like one less errand to run? With Geisinger Mail Order Pharmacy, you get a 3-month supply (up to 100 days of medications) mailed directly to you.

To get started, call Geisinger Mail-Order Pharmacy at 844-878-5562, between 6:30 a.m. and 7 p.m., Monday through Friday, 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.*

New home medical equipment and supplies program

Beginning January 1, 2021, Geisinger Health Plan (GHP) will be working with Tomorrow Health to streamline the ordering and delivery of your home medical equipment and supplies. Tomorrow Health is a comprehensive platform that will match your order to the most appropriate supplier in GHP's network.

To ensure you receive the best care experience, Tomorrow Health offers:

- Premium service: Tomorrow Health's dedicated team of care advocates are available by phone and email and can assist with everything from product selection to prescription and insurance coordination.
- Reliable delivery and product support: Tomorrow Health will support you from order placement and delivery through in-home setup. We'll also close the loop with your provider, so that you stay on track with your care plan.
- Easy ordering: Health care providers and members can place orders for home medical equipment and supplies securely online or by phone.

Existing orders

If you currently receive a recurring home medical supply order or equipment rental, there is nothing you need to do at this time. Tomorrow Health will reach out to you directly in 2021 should your orders be impacted.

New orders

Visit home.TomorrowHealth.com/ghp or call 844-402-4344, and Tomorrow Health's care advocate team can help you navigate your needs. Your provider may also place new orders directly through the Tomorrow Health platform.

Tomorrow Health was founded on the belief that patients deserve an exceptional experience for care at home. With that, they've brought together personal service and modern technology to get you the products and supplies you need, covered by your insurance, delivered and set up in your home. Tomorrow Health is looking forward to serving you.



Shovel snow safely with some tips from GHP

Shoveling snow can be good exercise, but make sure you do it safely. Here are some tips to stay safe and healthy out in the snow.

- If you have a history of heart problems, make sure you talk to your doctor first about whether it's safe for you to shovel.
- Drink lots of water to avoid dehydration.
- Dress warmly in layers. If you get too warm, you can remove a layer.
- Don't try to do too much too fast — pace yourself and don't pick up too much snow at one time.
- Protect your back by lifting with your legs bent at the knees. Stand with feet about hip-width apart and keep the shovel close to your body. Don't twist your back when throwing snow. Point your feet in the direction you're throwing.
- Stop when you feel tired, or if you feel any tightness in your chest.
- Take breaks when it's really cold out to avoid frostbite and hypothermia. Go inside and warm up for a while before tackling the next section of shoveling.

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Keep working out this winter

Most people find it easier to work out during the warmer weather. But don't let winter wreck your workout routine. Sure, it's cold outside and gets dark early, but if you can stay motivated and keep working out, you'll stay healthier, keep your weight down and beat those winter blues!

The first step? Avoid hibernating indoors. We need sunshine for vitamin D to boost our mood and fresh air to feel energized. Before heading out, do some jumping jacks or jogging in place for 5 to 10 minutes to warm your muscles up so you won't feel as cold when you go out. Wear layers so you can peel off clothes if you get too warm. Then do some shoveling, go sled-riding or ice skating, or just take a brisk walk around the neighborhood.

If getting outside isn't your thing, try some at-home workouts. Lift weights, hop on a treadmill or stationary bike, follow along with an exercise video or play some tunes and dance around your living room. Mix it up — you don't have to do the same thing every day. The trick is to get your body moving, however you want to do it.

