



Geisinger

Health and wellness options for your company

Geisinger's health and wellness department offers customized and personal population health management services. As an employer, the health and wellness options available to you come at no additional cost. Our dedicated team is ready to help you and your employees lead healthy lives with our on-site services and online wellness tools.

Health fairs

Our wellness professionals can provide health education and interactive displays on a variety of topics. Employees will have the opportunity to ask questions, receive information, and get a biometric screening.

Online tools and wellness assessment

Members can log in to [GeisingerHealthPlan.com](https://www.GeisingerHealthPlan.com) and explore a variety of Wellness Online tools, including a wellness assessment, health education modules, activity trackers and a meal planner, by clicking on "Wellness Online" under the "Health and Wellness" drop-down menu.

A regional wellness specialist will work with you to customize a program to fit your company's needs. Call our health and wellness department at [866-415-7138](tel:866-415-7138).

Health coaching and on-site screenings

Simple, comprehensive on-site screenings with accurate and quality testing are available. Participants receive an on-site review of results with a health coach and a referral to additional services or programs, if needed. Screenings and assessments include:

- Blood pressure screening
- Bone density screening
- Cholesterol/glucose screening*
- Sun damage awareness screening
- Spirometry screening (lung assessment)
- Weight management screening (body mass and/or body fat)

*Additional fees for certain services, incentive programs, or multiple locations may apply.

On-site health education

We offer on-site courses, held over several weeks, taught by our health coaches:

- Tobacco cessation
- Weight management
- Back safety
- Stress management
- Pillars of health
- Mindfulness

We can also present 30-minute, on-site seminars on multiple topics:

- Diabetes
- Heart health
- Cancer awareness
- Nutrition and exercise
- Stress management
- Osteoporosis
- Back Safety
- Flu prevention
- Mental health

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.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable federal civil rights laws and do 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)

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