

We've #HadEnough, have you?

After launching the #HadEnough initiative a year ago, Geisinger Health Plan (GHP) continues to ask, “We’ve #HadEnough, have you?” regarding opioid abuse and addiction.

During the week of Oct. 23, GHP hosted Ohio native Wayne Campbell from an organization called Tyler’s Light to educate more than 3,100 students in 13 different school districts about the dangers of opioids and drug addiction. Along with creating an awareness through the #HadEnough initiative, Mr. Campbell also presented a strong message: Speak up. Save a life.

School administration and students were thankful for the free opportunity to hear such an important message and to learn more about the opioid abuse in their communities.

Have you #HadEnough? For more information about the program, visit Geisinger.org/HadEnough.



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The Business Update is published quarterly by Geisinger Health Plan and serves as an informational resource for employers and brokers. Comments are welcomed. Please email businessupdate@thehealthplan.com.

Geisinger Health Plan may refer collectively to Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted.



Member communication preferences

Your employees can now receive their member newsletters and other important documents from GHP online. By logging in at GeisingerHealthPlan.com/signin, they can choose electronic or paper delivery for five types of communication.

If your employees select to receive their documents online, they will receive an email when a document is available to view. If they have questions about any document they receive online, they can call the customer service team using the number on the back of their member ID card.

To set preferences, your employees can log in at GeisingerHealthPlan.com/signin and follow the on-screen prompts to tell us how they would like to receive communications; either online or through the mail.

Managing chronic conditions

Our mission is to help our members be as healthy as possible. As members, your employees can get expert assistance to better manage chronic conditions, all at no extra charge, with our care coordination program.

For more information, your employees can call [800-883-6355](tel:800-883-6355) to speak with a healthcare provider or they can visit us on the web at GeisingerHealthPlan.com.

If they are already enrolled in one of our condition-specific programs, informational newsletters are available on our website, or they can request a hard copy by calling [800-883-6355](tel:800-883-6355).



Why wellness works

Hard work pays off

Joseph participated in a screening at his workplace as part of his employer's incentive program. While reviewing his blood work results, his health coach noticed Joseph's cholesterol was higher this year than previous years – so high in fact that he would not qualify for the program next year. Along with his elevated cholesterol, his blood pressure was also above the normal range.

Joseph discussed various options and agreed to partner with a health manager, as well as visit with a health coach every time they were onsite. As he worked with his health manager and health coach, his blood pressure slowly started to come down. With one month left in the program, Joseph's results made him extremely happy. Not only did his blood pressure fall back into the qualifying range, but his cholesterol dropped drastically as well. His total cholesterol dropped 46 points and his LDL dropped 33 points. With such a drastic drop in his LDL levels, he is now out of the “very high” range and into the “good” range. He expressed how happy he was to work with his health manager, Ali, and how much she helped him throughout the past few months. He followed all her recommendations and his success was evident in his most recent screenings.



- Joseph P., wellness participant

For more information on Geisinger health and wellness services, call us at **866-415-7138**.

Important updates

- Online bill pay is now available for small businesses with Marketplace coverage. Log in today at GeisingerHealthPlan.com/signin.
- All MedExpress sites are now participating urgent care facilities in our network, including the Shamokin Dam, State College and Williamsport sites.

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Exclusive discounts for members

Learn more about the discounts we offer our members on everyday health related items by visiting GeisingerHealthPlan.com. Log in and go to the “Health and Wellness” drop-down menu and click “Local discounts” to view the exclusive discounts available to your employees.

Be sure to check out our newest offering, TicketsAtWork.com. Members can receive valuable discounts on travel and entertainment opportunities including local and national amusement parks, movie and show tickets, shopping and more. Your employees can visit and register using company code [DPGEISIN](#) to get started.

If your employees would like additional information or have questions about any of the local discounts we offer, they can call the customer service team at the number listed on the back of their member ID card.

