

GHP has #HadEnough

GHP recently launched #HadEnough – an opioid awareness campaign and educational community initiative.

“#HadEnough places the voice of the community into the heart of the campaign,” said John Bulger, DO, chief medical officer of GHP, “It calls to action the power of a community to say ‘We’ve #HadEnough of needlessly losing lives and want to see change to help prevent addiction, stop opioid abuse and help those who struggle.’”

GHP sponsored a speaker from the nationally-recognized organization Tyler’s Light to talk to middle and high school students. In October Wayne Campbell—the speaker and founder of Tyler’s Light, who lost his son Tyler, a college football player, to opioid abuse following a college sports injury—spoke at five Pennsylvania high schools and one college about the dangers of opioid abuse. GHP also sponsored two community panel discussions that were free and open to the public at East Pennsboro High School and Shamokin Area High School.

Visit our Facebook page for campaign updates and to view our #HadEnough video. Learn more about Tyler’s Light at Tylerslight.com.



In this issue

Baked acorn squash.....2

Hersheypark discount.....2

Why wellness works.....3

Protect against the flu.....4

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.

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Baked acorn squash

Share the health! Your employees can celebrate the holidays with this favorite autumn ingredient: acorn squash. Find this sweet and nutty squash at the local farmer's market or grocery store, and enjoy it as a quick side dish.

Yield: 4 servings **Prep time:** 5 minutes

Cook time: 60 minutes

Ingredients:

- 2 whole acorn squash
- 2 teaspoons maple syrup
- 1 teaspoon butter
- Cinnamon, sprinkle to taste

Directions:

Preheat oven to 400 degrees. Cut each squash in half with a sharp knife. CAUTION: The skin can be tough, so be careful not to cut yourself.

Scrape out seeds and string membranes with a spoon. Place on a baking sheet, cut sides down. Bake for 30 minutes.



Remove from oven. Melt butter. In a small bowl, combine melted butter, maple syrup and cinnamon. Flip squash so that the cut side is now facing up. CAUTION: squash will be hot.

Brush mixture all over the inside the squash. Bake for another 20-30 minutes until the squash is tender when pierced with a fork. Serve one half per person.

Source: adapted from www.foodnetwork.com

Enjoy the holidays at Hersheypark

GHP members can save \$4 per ticket for a 1-day visit to Hersheypark's Christmas Candylane in December. Tickets must be purchased online.

Visit <http://tinyurl.com/ghp2015> and enter promo code: 12871. Visit Hersheypark.com for Christmas Candylane details and hours.

If you have questions, call us at [800-554-4907](tel:800-554-4907).



Why wellness works

Realizing the risks

Two years ago, Bill* attended a wellness screening where he participated in the cardiovascular risk assessment program. Maria Welch, wellness specialist, reviewed his bloodwork and discussed Bill's risk of having a heart attack or stroke based on his health metrics, specifically cholesterol. She reviewed ways for him to reduce his risks with lifestyle changes and encouraged him to follow-up with his doctor.

This year, Bill walked into his screening with a huge smile. He sat down with Emily Phillips, wellness associate, and explained how thankful he was for our program and services. He said the wellness screenings made him aware of how dangerously high his cholesterol levels had become. He quickly followed up with his doctor and started taking medicine to manage his cholesterol. In addition, he started exercising and eating healthier. Bill was extremely happy to see an 82-point decrease in his LDL cholesterol and a 35-point decrease in his triglycerides. These changes significantly lowered his risk of having a heart attack or stroke.

Quitting a bad habit

Michael*, a health-conscience individual, was very frustrated with his unhealthy habit of chewing tobacco. He knew it was not good for him and felt it controlled his life. Michael was determined to stop chewing. He worked with Linda Poorman, a wellness health coach, to learn how to quit. His family means the world to him and he did not chew when he was around them, Poorman said. Michael felt ashamed, but when he wanted a dip he would look in the mirror at his reflection and ask, "Is this really what I want to be doing? Do I want to put all of these harsh chemicals into my otherwise healthy body?" By doing this and resisting temptation, he was able to quit. Michael now feels free and he is so proud - as is his family!

"From the minute I started talking with Michael, I knew that he would eventually quit chewing. He just needed to believe in himself. His healthy lifestyle and love of his family kept guiding him towards the reward of quitting this very harmful habit," Poorman said. "It was such a joy and honor to work with Michael and help him with his journey to quit tobacco. I'm very proud of his accomplishment!"

*Names have been changed to protect our members' privacy.

If you are interested in learning more about Smart Steps and other GHP wellness programs, please contact our wellness team at [866-415-7138](tel:866-415-7138).



From top: Emily Phillips, Maria Welch, and Linda Poorman are just a few of the GHP wellness staff members who can help your employees lead a healthy life and meet their goals.

Important updates

New to our network

We're excited to announce that Penn State Health St. Joseph Medical Center in Reading, Pa and Good Samaritan Hospital – now part of WellSpan Health – in Lebanon, Pa now accept GHP insurance.

We're here to help

It's important to remind your employees to call our customer service team at the number listed on the back of their member ID card with questions or concerns. Our customer service reps are specially-trained to ensure our members are taken care of in a timely manner.

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HPM50 ak Fall/Winter Business Update Dev. 11/18/16

Don't let the flu get you

Every year more than 200,000 people are hospitalized from flu complications. One of the most important things you can do is to remind your employees to protect themselves with the flu vaccine.

The flu virus is always changing. Each year, the new vaccine protects against the top viruses that are most likely to cause sickness. Remember, you can't get the flu from the flu shot. The viruses in flu shots are either dead or don't contain virus particles. Antibodies develop about two weeks after vaccination so you're protected quickly.

Everyone 6 months of age and older, with rare exceptions, should be vaccinated every year. Your employees can get vaccinated at two easy locations: their primary care physician's office or a participating pharmacy. Your employees can visit TheHealthPlan.com to search for pharmacies in their area. There's no charge for the flu shot, just visit a doctor or pharmacy in our network.*

In 2016, GHP's wellness team administered close to 7,000 flu shots. If you're interested in bringing our wellness team to your office for flu shots, please contact your wellness specialist or sales representative to be added to our 2017 waitlist.

*Office visit copay may apply. The vaccine must be administered by a pharmacist and billed through the online pharmacy claims system. Not all pharmacies offer flu vaccines. There are state regulations, such as age, regarding who can receive a vaccine from a pharmacist.

