

# Geisinger Member Update

Health Plan

FALL 2016

## 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 to protect yourself is to get 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. You can get vaccinated at two easy locations: your primary care physician's office or a participating pharmacy. Visit [TheHealthPlan.com](http://TheHealthPlan.com) to search for pharmacies in your area. There's no charge for the flu shot, just visit a doctor or pharmacy in our network.\*

\*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.

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*The Member Update is published quarterly by Geisinger Health Plan and serves as an informational resource for members.*

*Comments are welcomed.  
Email: [memberupdate@thehealthplan.com](mailto:memberupdate@thehealthplan.com).*

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

*HPM50 GHP MU Fall 2016  
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# New physicians

This list includes new primary care physicians (PCPs) who have joined our network since July 2016. For more information on these and other participating providers, visit [TheHealthPlan.com](http://TheHealthPlan.com), or call the customer service team at the number on the back of your member ID card.

(Key: FP, Family Practice; IM, Internal Medicine; and P, Pediatrics)



## Allegheny

Rhea Appelbaum Marinstein, MD – FP  
David M. Swan, MD – FP  
Joy C. Drass, MD – P

## Berks

Adam R. Haydt, DO – FP

## Bradford

Harry D. McHenry, DO – FP

## Bucks

Charles O. Dougherty, MD – FP  
Elham Anwar Siddiqui, MD – FP  
Andrew L. Sullivan, MD – FP  
Lance B. Wilson, MD – FP

## Carbon

Nathan C. Johnson, MD – FP

## Chester

Megan M. Gaskill, MD – FP  
Jeffery W. Mumie, DO – FP  
Paula S. Barry, MD – IM  
Grant W. Barton, MD – IM  
Dwight C. Johnson, DO – IM  
Olivia Lei Zhang, MD – IM

## Cumberland

Joseph V. DeSanti, MD – FP  
Jennifer N. Still, MD – P

## Delaware

Michael F. Prime, DO – FP  
Danielle N. Harvey, MD – P

## Jefferson

Franklin P. Bizousky, DO – FP

## Lancaster

Mark S. Gottlieb, DO – FP  
Scott C. Osborn, DO – FP  
Jennifer L. Robertshaw, MD – FP  
Leigh Ann DeShong, MD – IM  
Ahila Lakshmi Kugan, MD – P

## Lackawana

Chelsea DiDonato Vilello, DO – FP

## Lehigh

Nathan C. Johnson, MD – FP  
Fabio L. Dorville, MD – IM  
Peter H. Urffer, MD – IM  
Allison H. Kiehl-Beck, MD – P

## Luzerne

Nathan C. Johnson, MD – FP  
Steven Leung, MD – P

## Monroe

Nathan C. Johnson, MD – FP  
Jared Nothstein, DO – IM

## Montgomery

Elizabeth Sower Ziegler, MD – FP  
Grant W. Barton, MD – IM  
Jennifer Michener, MD – IM

## Montour

Anthony Le, DO – FP  
Fabio L. Dorville, MD – IM  
Allison H. Kiehl-Beck, MD – P

## Northampton

Nathan C. Johnson, MD – FP

## Perry

Joseph V. DeSanti, MD – FP  
Daniel T. Mateer, DO – FP  
Mario Diaz Abad, MD – IM

## Philadelphia

James N. Becker, MD – FP  
Sheela Dwivedi, MD – FP  
Rebecca Arden Hariss, MD – FP  
Lauren S. Hughes, MD – FP  
Michelle E. Nashleanas, MD – FP  
David A. Ross, MD – FP  
Maria C. Bucco, DO – IM  
Kathleen Murphy, MD – IM  
Deepa Rani Nandiwada, MD – IM  
Lori M. Noble, MD – IM  
Marisa A. Rogers, MD – IM  
Erica Wolf, MD – IM  
Amy Hersh, MD – P  
Katie Juromski, MD – P

## Schuylkill

Anthony Le, DO – FP

## Susquehanna

Alan J. Arthur, MD – FP

## York

Sheila E. Taylor, DO – FP  
Linda M. Taylor, MD – FP  
Ryan C. Wennell, DO – FP  
Yuriy Semak, MD – IM

## Formulary updates available online

Recent updates to the formulary (list of drugs covered under your pharmacy benefit) are available online at TheHealthPlan.com. The online formulary drug search includes updates to covered drugs, quantity limits, tiering levels, and pharmacy management procedures. Updates may affect prior authorization. Members may also call to receive a printed version of the formulary list. For questions regarding drug benefits, call 800-988-4861, Monday through Friday from 8 a.m. to 5 p.m.

## Changes to TheHealthPlan.com

We're updating our website to make it more user friendly and to align with our new brand. All of the pages before you log in as a member will have a fresh new look. To access specific plan information and take advantage of online tools, you'll need to log in as a member. Over the coming months, we'll continue to make improvements to resources and navigation for a better overall experience.

## Trouble sleeping?

Sleep makes up a big part of our overall health. Sleep allows our bodies a chance to recover, refresh and prepare for the next day's tasks. Without good sleep, our bodies physically and mentally work overtime and that can lead to feeling run down or sick. If you have trouble sleeping, or can't seem to find a way to calm your mind when trying to fall asleep – there is a solution. As part of your mental health and substance abuse coverage with Magellan Healthcare Inc., Geisinger Health Plan members age 18 and older have access to a free online cognitive behavioral therapy, or CBT, program to help address these issues.



This CBT program, called RESTORE has been recognized by The Substance Abuse and Mental Health Services Administration as an effective program. This program has been shown to help four out of five participants with insomnia (in six short, easy sessions) show significant improvement in their total sleep time and productivity at work. The American Academy of Sleep Medicine has praised the online solution stating that it “...significantly improves insomnia severity, daytime fatigue and sleep quality.”

Once enrolled, members may learn new skills including relaxation exercises, sleep restriction, and mindfulness that promote better sleep. The CBT program is accessible any time from anywhere with internet access. It's private and confidential, and can be completed at your own pace. It's easy to get started! Just visit [CBT4GHP.com](http://CBT4GHP.com) on your smart phone, computer or tablet to create an account. If you have any questions or need assistance, you can call 888-839-7972 any time of the day or night.

# Geisinger

Health Plan

100 N. Academy Ave.  
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## Baked Acorn Squash

Celebrate a favorite autumn ingredient: acorn squash. Enjoy this sweet, nutty squash with this quick side dish. Look for acorn squash at the farmer's market or grocery store this fall.

**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](http://www.foodnetwork.com)

