

Geisinger Member Update

Health Plan

SPRING 2018

Extra savings just for you

While we offer great benefits and an excellent network of healthcare providers, Geisinger Health Plan aims to help you save money. Through our Accessories Program, you can get discounts on everyday health-related items, as well as tools to help you stay fit.

Discounts include saving money on fitness center memberships; activities like skiing, golfing, spa treatments and visiting amusement parks; chiropractic care; massage therapy; eyewear and eye exams; laser vision correction and much more.

The best part? There is no charge for using the Accessories Program. It's part of your insurance plan.

For more information about the Accessories Program, visit GeisingerHealthPlan.com. Log in, click on "Health & Wellness" dropdown along the top and select "Local Discounts," agree to the terms and conditions and start exploring your options. You can also call the number on the back of your member ID card.

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)。

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 Spring 2018
Photo credits: iStock/Thinkstock



New network providers

To view a list of new providers who have joined the Geisinger Health Plan network, visit GeisingerHealthPlan.com and click on "Find a Doctor, Drug or Location," then select "View New Network Providers." You can also view providers that are leaving the network. For more information on these and other participating providers, you can use the provider search and scheduling directory or call the customer service team at the number on the back of your member ID card.

Spring slowly into fitness

The sun is out, the skies are blue and your body is aching for some fresh air and activity. But while you may be ready to strap on your shoes and run a mile, experts suggest springing into spring fitness one step at a time.

Start with your doctor

Taking it slowly means starting from square one: a visit with your doctor. Make an appointment with your doctor for a physical examination to ensure your body is healthy and ready to hit the trails for some fun. Ask your doctor questions. And to help prevent injuries, get a clean bill of health prior to starting any activity.

Take it slow

Once your doctor signs off on your health, start slowly, especially if you've been inactive or less active for the past winter months. Start with a slow exercise program, like an easy walking regimen or a stretching routine. This will help you prepare for most casual sports, like jogging, golf and tennis. It also helps to build your endurance to move forward with a more strenuous exercise program.

Take it easy

After you've built your endurance a little, then move forward to a more strenuous exercise program. However, listen to your body and take it easy. Don't push it. Taking it easy will help your body adjust to the level of activity and help prevent any pains and strains.

There's a method to the madness: fresh air and sunshine is exciting, but remember you're just coming out of hibernation from the winter months. Your body needs proper care, so take it slow and take it easy as you adjust to routine physical activity again.

The Member Update is published quarterly by Geisinger Health Plan and serves as an informational resource for members. Comments are welcome. Please write: Editor, 100 N. Academy Ave. Danville, PA 17822-3240 or email: memberupdate@thehealthplan.com

MyCode's 101-year-old participant

The MyCode® Community Health Initiative helps researchers understand the relationship between genes and diseases. The goal is to help improve healthcare by finding ways to diagnose medical conditions earlier or before they appear.

Meet Ruth Richards. Born in Scranton, she was in her 90s by the time the genomics revolution led to Geisinger's MyCode. She waited nearly 100 years to be part of the genomics revolution, but she got there.



It wasn't until Mrs. Richards was in her mid-90s that she was approached in the waiting room of her doctor's office about the opportunity to donate her DNA to a Geisinger's MyCode Community Health Initiative.

At first, she said, 'No.' But then she asked her doctor about it and he said, given her longevity, it might be helpful to others to have her DNA studied, so she had a change of heart and signed up.

"My brother always said I got all the good genes," Mrs. Richards said. "People say to me all the time: 'How come you lived so long?' And I don't know. Nobody in my family has lived as long. My brother and sister both died in their early 80s," she said.

Retired after 40 years of working as a math instructor at the International Correspondence Schools in Scranton, Mrs. Richards turns 102 years old in 2018. That makes her one of the oldest participants in the MyCode Community Health Initiative.

With minimal support, she takes care of herself in her own home, still drives a car and travels alone across country to visit her daughter. She's active in a sewing group and plays cards once a month.

"You have to keep going. That's all," Mrs. Richards said. And so, she has.

Today, Geisinger is routinely informing patients about some 27 genetic disorders, mainly cancers and heart disease, that they are at risk for because of their individual genetic makeup – medical advances only dreamed of for most of Mrs. Richards' life.

With more than 150,000 volunteers joining Mrs. Richards in donating their DNA for research study, imagine where we will go in the next 150 years!

Thank you, Mrs. Richards, and all of you – young and old alike – for participating in the march of science. To learn more about this program see geisinger.org/mycode; call toll free 844-798-1687; or email JoinMyCode@geisinger.edu.

Geisinger

Health Plan

100 N. Academy Ave.
Danville, PA 17822-3240

Formulary updates are available online

Recent updates to the formulary (list of drugs covered under your pharmacy benefit) are available online at GeisingerHealthPlan.com. The online formulary drug search includes updates to covered drugs, quantity limits, tiering levels and pharmacy management procedures. Updates may affect prior authorization.

You may also call customer service to receive a printed version of the formulary list. For questions regarding drug benefits, call the customer service team at 800-988-4861, 8 a.m. to 5 p.m., Monday through Friday.

For cost savings and convenience with your medications, make sure to take advantage of CareSite, Geisinger's mail order pharmacy. Call today at 844-878-5562.

