

Geisinger Member Update

Health Plan

WINTER 2016

GHP has #HadEnough

We've #HadEnough, have you? That's the message we're pushing out with Geisinger Health Plan's new opioid awareness community campaign called #HadEnough. This initiative, which focuses on educating community members of all ages about opioid abuse and its dangers, places the voice of the community at the heart of the campaign. It calls to action the power of a community to say, "We've #HadEnough of needlessly losing lives to drug abuse and we want to see changes made to help prevent addiction, stop opioid abuse and help those who struggle."

To kick off this campaign, GHP sponsored an opioid awareness speaker who spoke at 6 schools, reaching more than 4,000 students. "Speak up. Save a life," was the message to students. We've also held community discussion panels, allowing community members to learn more about opioid abuse and to ask questions to experts concerning the drug issues in their communities.

Want to learn more? Our next panel will be held at Lewisburg Area's new high school on Thursday, Jan. 12, 6:30 – 8:30 p.m. The event is open to the public at no cost.

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.

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

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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)。



New physicians

This list includes new primary care physicians (PCPs) who have joined our network since September 2016. For more information on these and other participating providers, visit 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

Lavanya Karri, MD – FP

Bucks

Julie Ann Rodgers, MD – P

Carbon

Richard Oravec, MD – FP
Michael Yang Yang, MD – FP
Dany Arul Raj Nehru, MD – IM

Chester

Joseph Paul Quintiliani, DO – FP
Zachary Jason Bronstein, MD – P

Cumberland

Pauline Hricisak Kostelac, DO – FP

Dauphin

Khen K. Adikhari, MD – FP
Gina Laverne Charles, DO – FP

Delaware

Larisa Cheipesh, MD – FP
Kathleen DeStefano Glenn, MD – P
Kristine Ann Herrell, MD – P
Jonathan Lee, MD – P
Katherine Bering Murray, MD – P

Elk

Thomas M. Baker, MD – FP
Julia Garcia, MD – FP
Shujayat Ali, MD – P

Lackawana

William Robert McCafferty, DO – FP
Jumee Barooah, MD – IM

Lancaster

Kathryn Anne McKenna, MD – FP
Jonathan Musyt, MD – FP
Scott D. Pensdorf, MD – FP
Jessica M. Walker, MD – FP

Lehigh

Saima S. Ahmed, MD – FP
Chin-Chan Chu, MD – FP
Richard Oravec, MD – FP
Michael Yang Yang, MD – FP
Dany Arul Raj Nehru, MD – IM
Kelli L. Nayak, MD – P

Luzerne

Richard Oravec, MD – FP
Michael Yang Yang, MD – FP
Dany Arul Raj Nehru, MD – IM

Monroe

Richard Oravec, MD – FP
David Testa, DO – FP
Michael Yang Yang, MD – FP
Dany Arul Raj Nehru, MD – IM
Shujayat Ali, MD – P

Montgomery

Megan Veronica Daley, DO – FP
John J. Lembeck, MD – FP

Manjit Singh, MD – FP
Adam J. Tyson, MD – FP
Howard A. Miller, MD – IM

Montour

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

Northampton

Christine Huang, DO – FP
Richard Oravec, MD – FP
Hanh Dung Tran Som, MD – FP
Michael Yang Yang, MD – FP
Dany Arul Raj Nehru, MD – IM

Snyder

James D. Pagana, MD – FP

Wayne

Emily Mary Nebzydoski, MD – P

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 customer service 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.

Important network update

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. For more information or to search the most recent listing of our participating primary and specialty care providers, visit our website, TheHealthPlan.com, or call the customer service team at the number listed on the back of your member ID card.

Struggling with drugs or alcohol?

Millions of people struggle with drugs or alcohol misuse each year, which can cause physical and emotional health problems. Some people may feel like they have lost control and struggle with depressive signs and symptoms. If you think you are misusing drugs or alcohol, you have access to an online, self-guided program that can help teach skills and techniques to understand addiction and to help improve your mood, relaxation and mindfulness.

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 SHADE, is an online resource that is proven to help individuals who suffer from alcohol or drug misuse and depression in short, easy sessions.

Begin feeling better today. SHADE 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 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

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Enjoy the holidays at Hersheypark

As part of the Accessories Program, all Geisinger Health Plan 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. You can visit Hersheypark.com for Christmas Candylane details and hours.

To access our Accessories Program page online, log into TheHealthPlan.com, select "Member Health & Wellness," and click on "Accessories Program."

If you have any questions, call the customer service team at the number listed on the back of your member ID card.

