

Comittment to healthy goals leads to real results

Frank* participated in Your Building Center's (YBC) 2018 Smart Steps program, which gave him the opportunity to meet with a health coach to record his baseline measurements and discuss ways to improve his overall health. At his initial checkup, he was surprised to learn that his blood pressure and cholesterol were high. His health coach helped him set goals to improve his physical activity and diet, with attention focused on balancing his eating habits and decreasing his alcohol consumption.

"I knuckled down and changed my eating, and starting walking at least an hour a day—sometimes two," Frank said.

Frank went from avoiding workouts to being excited to be active and spending time outdoors. He lost 18 pounds between August and November 2018. In addition, his LDL cholesterol improved by nearly 30 points, and his blood pressure levels saw positive changes, too. He says that he's motivated to continue his journey.

"I feel a lot better," he added. "It'll be tough keeping up with the program during the holidays, but I need to keep committed to improve my health and wellbeing, so I can stick around a few more years."

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

*Names have been changed to protect member privacy.

In this issue

Welcoming
our new CEO 2

Introducing MedImpact
Direct Specialty 2

New approval requirements
for opioids 3

Coming soon:
enhanced reporting 3

Don't let the flu
get you 4

The Business Update is published quarterly by Geisinger Health Plan and serves as an informational resource for employers. 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.



Welcoming Dr. Jaewon Ryu, interim president and chief executive officer

The Geisinger board of directors has appointed Jaewon Ryu, MD, JD, executive vice president and chief medical officer, as interim president and chief executive officer of Geisinger, effective Dec. 1, 2018.

Dr. Ryu is deeply familiar with Geisinger's organization and culture, having served as executive vice president and chief medical officer since 2016. He has been instrumental in leading many of our signature initiatives, including primary care redesign, our successful Geisinger at Home program and our landmark ProvenRecovery program, which is reinventing how surgery is performed across Geisinger.

Dr. Ryu will succeed David Feinberg, MD, MBA, who is stepping down to take a leadership role with Google.

Introducing MedImpact Direct Specialty

Beginning Jan. 1, 2019, Geisinger Health Plan (GHP) will feature a program called MedImpact Direct Specialty. The program pairs members with new specialty pharmacies to simplify getting specialty drugs. There is no additional cost to participate in this program.

Our specialty pharmacies to provide convenient delivery and personalized service. With MedImpact Direct Specialty, members get access to:

- Care representatives to help with your therapy and health plan
- Copay assistance information, when applicable
- Free standard shipping with delivery confirmation
- Nurses and pharmacist support available by phone from 8 a.m. to 8 p.m. Eastern Time
- 24-hour emergency service
- Educational information
- Translation services in multiple languages
- Personalized refill program

Some of your employees may be eligible for this program. If they are, MedImpact Direct Specialty will contact them directly to start the program. No action is required from you.

Questions? Please call MedImpact Direct Specialty at 877-391-1103 or email specialtyhub@medimpactdirect.com. For security reasons, we ask that you do not include any personal health or payment information in your email.

New approval requirements for opioids

Beginning Sept. 1, 2018, GHP implemented changes to our authorization requirements for opioid medications. The changes will occur in three phases.

Phase 1 (Sept. 1, 2018): Completed

Long-acting opioids (LAO) <i>(usually taken twice a day or less)</i>	All LAOs require prior authorization
Short-acting opioids (SAO) <i>(usually taken several times per day)</i>	Prior authorization required for patients new to opioid therapy after: <ul style="list-style-type: none">• 3 days (children)• 5 days (adults)
Morphine milligram equivalents (MME) <i>(Morphine dose)</i>	Prior authorization required for ≥ 90 MME/day
Exceptions	Active cancer, sickle cell crisis and palliative care/hospice

Phase 2 (Jan. 1, 2019)

Short-acting opioids (SAO) <i>(usually taken several times per day)</i>	Prior authorization required for all patients after: <ul style="list-style-type: none">• 3 days (children)• 5 days (adults)
Exceptions	Active cancer, sickle cell crisis and palliative care/hospice

Phase 3 (July 1, 2019)

Morphine milligram equivalents (MME) <i>(Morphine dose)</i>	Prior authorization required for ≥ 50 MME/day
Exceptions	Active cancer, sickle cell crisis and palliative care/hospice

Opioid addiction and abuse is a serious health issue in the United States. GHP is committed to the health and well-being of our members, and this new approval requirement will help us ensure they are receiving care in the safest way possible. If you have any questions, please contact your account representative.

Coming soon: enhanced reporting

To better serve you, GHP is in the process of enhancing the reporting packages we provide our clients. Data packages will be changing and the reports you receive from your account service representatives will look different.

We will provide more details in the weeks to come. If you have any questions or concerns in the meantime, contact your group's service representative for more information.

Geisinger

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Don't let the flu get you

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 six months of age and older, with rare exceptions, should be vaccinated every year.

One of the most important things you can do is to remind your employees to protect themselves with the flu vaccine. Your employees can get vaccinated at two easy locations: their primary care physician's office or a participating pharmacy. Your employees can visit **GeisingerHealthPlan.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.*

If you're interested in bringing our wellness team to your office for flu shots, please contact your wellness specialist or sales representative.

**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.*