

# Geisinger

## Health and wellness options for your company

Geisinger's health and wellness department offers customized and personal population health management services. As an employer, the health and wellness options available to you come at no additional cost. Our dedicated team is ready to help you and your employees lead healthy lives with our on-site services and online wellness tools.

### Health coaching and on-site screenings

Simple, comprehensive on-site screenings with accurate and quality testing are available. Participants receive an on-site review of results with a health coach and a referral to additional services or programs, if needed. Screenings and assessments include:

- Blood pressure screening
- Bone density screening
- Cholesterol/glucose screening\*
- Sun damage awareness screening
- Spirometry screening (lung assessment)
- Weight management screening (body mass and/or body fat)

We offer on-site courses, held over several weeks, taught by our health coaches:

- Tobacco cessation
- Stress management
- Weight management
- Pillars of health
- Back safety
- Mindfulness

### On-site health education

We can present 30-minute, on-site seminars on multiple topics:

- Diabetes
- Osteoporosis
- Heart health
- Back Safety
- Cancer awareness
- Flu prevention
- Nutrition and exercise
- Mental health
- Stress management
- And more!



### Health fairs

Our wellness professionals can provide health education and interactive displays on a variety of topics. Employees will have the opportunity to ask questions, receive information, and get a biometric screening.

### Online tools and health assessment

Members can log in to [GeisingerHealthPlan.com](https://www.GeisingerHealthPlan.com) and explore a variety of Wellness Online tools, including a health assessment, health education modules, activity trackers and a meal planner, by clicking on "Wellness Online" under the "Health and Wellness" drop-down menu.

**A regional wellness specialist will work with you to customize a program to fit your company's needs. Call our health and wellness department at **866-415-7138**.**

\*Additional fees for certain services, incentive programs, or multiple locations may apply.

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

Services provided by Geisinger Indemnity Insurance Company.

HPM50 sg group health and wellness offerings Rev 1-18