

Member Update

Quarter 1, 2026

Supporting mental health: Coping with SAD

Winter months can be tough – shorter days and less sunlight often trigger seasonal affective disorder (SAD), making it harder to stay focused, energized and positive at work. If you've noticed fatigue, difficulty concentrating, mood changes or withdrawal from colleagues, you're not alone. The good news? There are ways to manage SAD and protect your mental health.

Try these strategies:

- Stick to a routine for stability.
- Maximize natural light by sitting near windows or taking outdoor breaks.
- Light therapy can help boost mood discreetly at your desk.
- Stay active with short walks or stretches.
- Practice mindfulness to reduce stress and regain clarity.

Workplace adjustments can also make a big difference. Consider creating a comfortable workspace, prioritizing tasks when your energy is highest or discussing flexible hours with your manager. Opening up to a trusted colleague can foster understanding and support.

If symptoms persist or feel overwhelming, seek professional help. Virtual behavioral health services make care more accessible than ever. Here are some trusted options:



Geisinger
HEALTH PLAN

- **CHE Behavioral Health Services** – Telehealth therapy for mental health and behavioral interventions. Call 888-515-3835 or visit cheservices.com.
- **Bend Health** – Youth mental healthcare (up to age 25). Call 800-516-0975 or visit bendhealth.com.
- **Equip** – Treatment for eating disorders (up to age 24). Call 855-718-0577 or visit equip.health.
- **Charlie Health** – Intensive outpatient care for ages 11-33. Call 866-695-2714 or visit charliehealth.com.

Remember, addressing mental health isn't just about surviving winter – it's about thriving year-round. Recognizing the signs and taking proactive steps can help you stay productive, positive and connected.

Need support?

Reach out to your provider or explore these virtual care options today. Visit geisinger.org/behavioralhealth for information on Geisinger's behavioral health resources.

Your voice matters



Your feedback can make a real difference in your healthcare experience. If you receive a CAHPS (Consumer Assessment of Healthcare Providers and Systems) survey this spring, here's your chance to speak up.

Surveys are sent out from March through May. Completing one only takes a few minutes and your answers are confidential. Every response helps us understand what's working and what needs improvement — so we can provide you with the best care possible.

So, if a CAHPS survey lands in your mailbox or inbox, take a moment to fill it out. It's fast, easy and makes a big impact.

Protect yourself this flu season

Getting a flu shot isn't just about avoiding the flu — it helps keep you healthy, reduces your risk of serious complications and protects those around you. A quick vaccine can mean fewer sick days and more time enjoying what matters most. Don't wait until symptoms strike. Prevention is key.

Call your healthcare provider today to schedule your flu shot or visit geisinger.org/flu for information and locations.

Need a little extra support? We've got you covered.

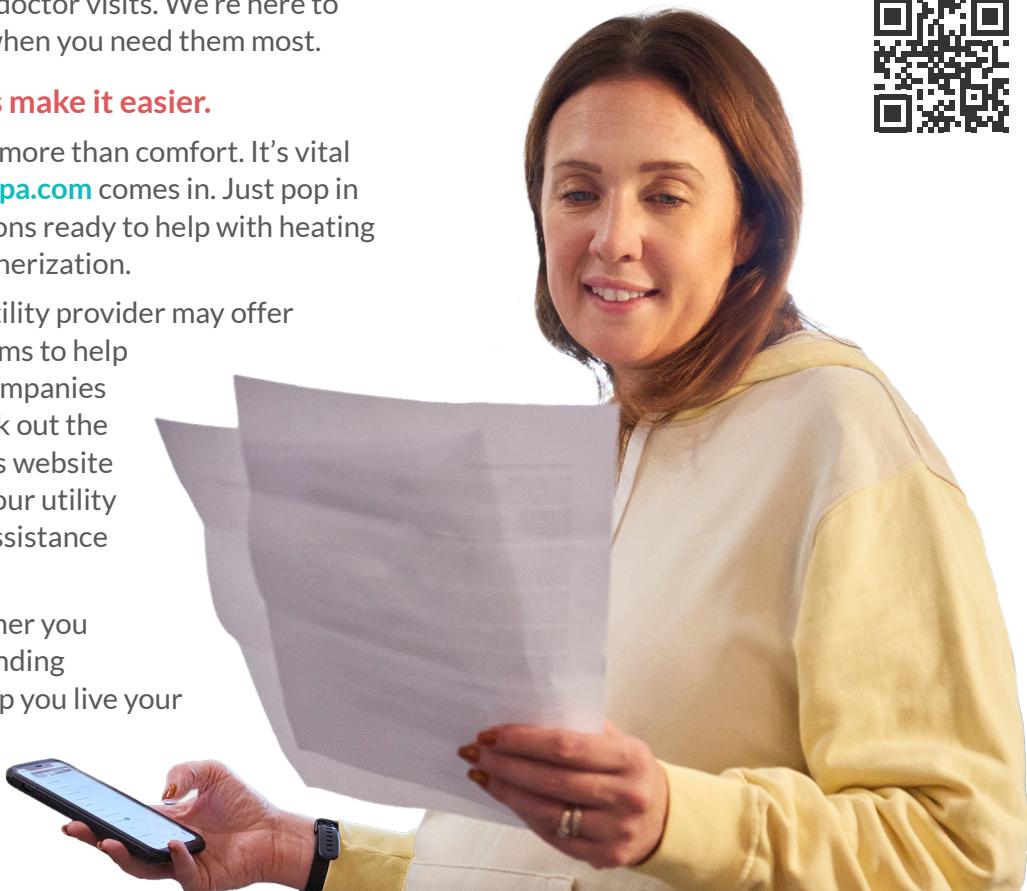
When you think about healthcare, things like affordable housing, utility assistance, fresh produce and reliable transportation might not be the first things that come to mind. But they're essential to living a healthy, happy life. That's why Geisinger takes a whole-health approach — because your well-being goes beyond doctor visits. We're here to connect you with social care resources when you need them most.

Utility bills getting out of hand? Let's make it easier.

Staying warm during the winter is about more than comfort. It's vital for your health. That's where neighborlypa.com comes in. Just pop in your zip code. You'll find local organizations ready to help with heating assistance, home maintenance and weatherization.

You have more options, too. Your local utility provider may offer discounts, energy-saving tips and programs to help lower your bills. Plus, regulated utility companies are required to provide assistance. Check out the Pennsylvania Public Utility Commission's website at PUC.pa.gov. Under "Need help with your utility bills?" click "Learn more." Then, under "Assistance Programs," click "Find support."

The bottom line: You're not alone. Whether you need help staying warm, eating well or finding reliable transportation, we're here to help you live your healthiest life — inside and outside the doctor's office.





Listen to your heart

Stop for a beat and consider this: Everything you've ever done in your life has been possible because of your heart. So why not take steps to protect this vital organ? It all starts with paying attention to the signals your body sends.

Sure, chest pain and a racing heartbeat are obvious red flags. But did you know bleeding gums, swollen feet or unexplained fatigue can also point to heart trouble? These symptoms may seem harmless, but they could mean your heart isn't working as it should.

Other signs to watch for include dizziness, shortness of breath during everyday activities, migraines with new symptoms and sweating when you're not active. If these issues keep popping up, don't ignore them. They're your body's way of saying, "Check in with your doctor."

Ignoring subtle signs can lead to serious problems like heart attack or stroke. But acting early gives your provider time to screen for heart disease — then create a plan to keep your heart strong.

So, what can you do today?

- **Schedule regular checkups.** Even if you feel fine, preventive care matters.
- **Know your risk factors.** High blood pressure, high cholesterol, diabetes, smoking, stress and family history all increase your risk.
- **Adopt heart-healthy habits.** Eat more fruits, veggies and whole grains, move your body daily and limit salt, sugar and alcohol.

Your heart works hard for you — give it the care it deserves. If you notice any of these signs or have risk factors, talk to your doctor. Awareness and action are the first steps toward a longer, healthier life.

Learn more about heart care at geisinger.org/cardiovascular.

Heart-healthy grilled cheese

A grilled cheese sandwich gets a heart-healthy (and flavorful) makeover with whole grains, more fiber and less fat.

Serves 2.

Ingredients:

4 slices whole-grain bread
4 slices (3 oz.) of part-skim mozzarella cheese
1 oz. grated gouda cheese
2 tbsp. stone ground mustard
2 tbsp. raspberry jam
8 fresh basil leaves, cut into ribbons
Pan spray

Directions:

1. Heat a large skillet over medium-low heat and spray with pan spray.
2. Spread 2 slices of bread with mustard and the other 2 with jam.
3. Top the mustard-covered slices with 2 slices each of mozzarella cheese, $\frac{1}{2}$ oz. of grated gouda and basil leaves.
4. Cover with the jam-covered slices of bread and place sandwiches in skillet.
5. Toast each side 3 to 4 minutes or until browned and cheese is completely melted.
6. Serve with a side of mixed greens and a piece of fresh fruit for a complete meal.



Manage your health in the member portal

For tools to make your healthcare easier, sign in or create a member portal account at go.geisinger.org/membernews. Some of the things you can do:

- Find a provider
- See your claims and benefits
- Update your communication preferences



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