



## We can help you stay well

### Wellness resources for you and your community

You need resources to maintain your health and well-being. And you can rely on our wellness specialists to provide those resources during this unprecedented time and beyond — to meet the unique needs of your workforce.

Want to know how to get customized health and wellness resources? Email us at [ghp\\_wellness\\_staff@TheHealthPlan.com](mailto:ghp_wellness_staff@TheHealthPlan.com) to partner with one of our specialists. They will work with you to learn about your workplace and support your particular needs. We know that some businesses may be beginning or continuing telework, while others may be carefully reopening in-person operations. Health and well-being is of the utmost importance — now more than ever. We're here to help with:

- Virtual classes and educational activities
- Mindfulness moments and guided stress-reduction techniques
- Motivational challenges and competitions
- Engaging programs and other health and wellness initiatives

# Browse our community resources

## Emergency food boxes

Our health and wellness team has collaborated with Weinberg CEO and Central PA Food Bank to implement emergency food box distribution. If you are in urgent need of food, call [866-415-7138](tel:866-415-7138) and select option 1.

## Neighborly

Neighborly lends a hand to help you find free or reduced-cost services in your community. Visit [NeighborlyPa.com](https://NeighborlyPa.com) for local support resources to access, housing, transportation, utility assistance, medical care, job training and more. Neighborly is updated regularly to include local programs responding to COVID-19.

## Health coaching

Our health coaches provide personalized support and encouragement to Geisinger Health Plan members and patients to promote a healthy lifestyle. Topics include nutrition, hypertension, stress management, tobacco cessation, lower back pain, prediabetes, weight management and overall well-being. Call [866-415-7138](tel:866-415-7138) to enroll.

## Population health programs

Need help managing a health condition? Our care team is ready to assist. They'll work with your healthcare provider to coordinate your care and provide tips and information to address your condition. Call our case management department at [800-883-6355](tel:800-883-6355) and ask about getting referred to a member of our care team.

## Behavioral health services

We offer personal assistance and a variety of resources for coping with behavioral health issues. Call the behavioral health care team toll-free at [888-839-7972](tel:888-839-7972) between 8 a.m. and 5 p.m., Monday through Friday.

## Online wellness resources

Geisinger Health Plan members have 24/7 access to an online wellness assessment, health and wellness workshops, trackers, and a health library by logging into the member portal at [GeisingerHealthPlan.com](https://GeisingerHealthPlan.com) and clicking "Health and Wellness" and then "Wellness Online". You can also find a variety of health and wellness information on our [website](#), which includes topics like exercising safely at home, handwashing, self care, recipes and more.

## Keep up with COVID-19

Find the latest news and announcements about the coronavirus outbreak on our [Coronavirus Resource Center](#).

Geisinger Health Plan may refer collectively to health care coverage sponsors Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted. Geisinger Health Plan is part of Geisinger, an integrated health care delivery and coverage organization.

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