

Schedule for wellness programs offered by Geisinger Health and Wellness | 2019



Workshop / Program	Location / County	Date / Time / Notes
Live Your Best Life CDSMP	Classes currently in progress – check back for an update next month!	
Live Your Best Life with Diabetes DSMP NEW!	West End Library 45 Ball Park Rd, Laurelton, PA 17835 Union County	Fridays, Oct. 11 - Nov. 15, 2019 9:00 to 11:30 a.m. <i>Offered in partnership with the Union-Snyder Agency on Aging, Inc. Registration is required. Call 866-415-7138 to register. Participants can start the program if they miss the first class. It is recommended that participants do not start any later than the 2nd week.</i>
	Geisinger Fresh Food Farmacy, Scranton 3 W Olive St, Scranton, PA 18508 Lackawanna County	Tuesdays, Nov. 7 - Dec. 19, 2019 1:00 to 3:30 p.m. <i>Springboard health is offering a six-week program for people living with diabetes. You will learn how to improve their health and manage their diabetes. Caregivers, friends and family are welcome to attend. Call Geisinger health and wellness to register 866-415-7138. Participants can start the program if they miss the first class. It is recommended that participants do not start any later than the 2nd week.</i>
Diabetes Prevention Program DPP NEW!	Lewistown Clinic 21 Geisinger Lane, Lewistown, PA 17044 Mifflin County	Wednesdays, Oct. 9, 2019 - Mar. 18, 2020 10:30 to 11:30 a.m. <i>Registration is required. Call 866-415-7138 to register. We recommend that participants do not start any later than session 7. To qualify for this program, you must be 18 years of age or older and have pre-diabetes or be at risk for developing diabetes.</i>
	Danville Area Community Center 1 Liberty St, Danville, PA 17821 Montour County	Mondays, Oct. 14, 2019 - Mar. 16, 2020 9:30 to 10:30 a.m. <i>Registration is required. Call 866-415-7138 to register. We recommend that participants do not start any later than session 7. To qualify for this program, you must be 18 years of age or older and have pre-diabetes or be at risk for developing diabetes.</i>
	Muncy Public Library 108 S Main St, Muncy, PA 17756 Lycoming County	Wednesdays, Oct. 16, 2019 - Mar. 18, 2020 2:00 to 3:00 p.m. <i>Registration is required. Call 866-415-7138 to register. We recommend that participants do not start any later than session 7. To qualify for this program, you must be 18 years of age or older and have pre-diabetes or be at risk for developing diabetes.</i>

This schedule is updated monthly; dates and locations are subject to change

For questions or to register for any programs, please call Geisinger Health and Wellness at 866-415-7138.

Matter of Balance

MOB | **NEW!**

Classes currently in progress – check back for an update next month!

Freedom from Smoking

FFS | **NEW!**

Geisinger Jersey Shore Hospital

1020 Thompson St, Jersey Shore, PA 17740
Lycoming County

Tuesdays, Oct. 29 – Dec. 17 2019 | 9:00 to 11:00 a.m.

One class held Friday, November 22 | 10 a.m. to 12 p.m.

*Offered in partnership with the American Lung Association (ALA).
Registration is required. Call 866-415-7138 to register. Participants can
start the program if they miss the first class. It is recommended that
participants do not start any later than the 3rd week.*

Chronic Disease Self-Management Program (CDSMP)

Developed for anyone living with a long-term or chronic health condition.
Note: friends, family members, and caregivers are welcome to attend

Diabetes Self-Management Program (DSMP)

Developed for anyone living with a long-term or chronic health condition.
Note: friends, family members, and caregivers are welcome to attend

Diabetes Prevention Program (DPP)

Developed for participants living with prediabetes (diagnosis) or at high risk for type 2 diabetes.

Matter of Balance (MOB)

Developed for participants who want to improve their quality of life, independence and reduce the risk of falling.

Freedom from Smoking (FFS)

Developed for participants to offer a structured, systematic approach to quitting smoking.

Discrimination is against the law

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company (the "Health Plan") comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. The Health Plan does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

The Health Plan:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call the Health Plan at 800-447-4000 or TTY: 711.

If you believe that the Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with:

Civil Rights Grievance Coordinator
Geisinger Health Plan Appeals Department
100 North Academy Avenue, Danville, PA 17822-3220
Phone: 866-577-7733, TTY: 711
Fax: 570-271-7225
GHPCivilRights@thehealthplan.com

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Grievance Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services
200 Independence Avenue SW., Room 509F
HHH Building, Washington, DC 20201
Phone: 800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 800-447-4000 or TTY: 711.

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）。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-447-4000 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (телетайп: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-447-4000 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-447-4000 (TTY: 711) 번으로 전화해 주십시오.

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-447-4000 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فلن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-447-4000 (رقم هاتف الصم والبكم: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-447-4000 (ATS : 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-447-4000 (TTY: 711).

સુચના: જો તમે ગુજરાતી બોલતા હો, તો નિઃશુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 800-447-4000 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-447-4000 (TTY: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-447-4000 (TTY: 711).

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតថ្លៃ គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-447-4000 (TTY: 711)។

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-447-4000 (TTY: 711).