

# Health and wellness options for your company



## Geisinger

Whether you want to offer an engaging wellness challenge to boost morale, help the team manage stress with mindfulness breaks or incentivize employees to make meaningful behavior changes, Geisinger's Health and Wellness team is ready to help you and your employees lead healthy lives. Here's how you can make the most of options built right into your plan.

### Wellness consultation

Corporate wellness consulting gives you the framework and support to run an effective wellness program that supports your organizational goals and fosters positive health impact. Your dedicated specialist will consider your organization's values; evaluate the interests of your population through surveys; and determine needs by assessing claims data, population health trends, demographics, industry trends and cost analyses.

Our team makes creating a culture of wellness easy by supporting your wellness committee and providing a variety of tools such as educational flyers, wellness challenge toolkits and email communications.

### Incentive program management

In partnership with your specialist, customize a program based on data-driven recommendations, best practices and the needs and interests of your unique population, incentivizing participants to take an active role in their health and well-being. Incorporate screenings, health challenges and other activities into any of our flexible program designs to increase health awareness, motivate behavior change and encourage participants to build healthy habits that last.

Our online wellness portal serves as a centralized hub for an employer-sponsored wellness program. It allows for integration with vendors, medical records and health devices to import data. That makes it easy for participants to receive credit for taking steps on their well-being journey. They can view progress in their incentive program dashboard, keeping them engaged and motivated to work toward their health goals. We'll provide promotional materials that outline your program, as well as detailed program reporting.

## Virtual tools and resources

Our online wellness portal is loaded with tools and resources to help participants manage their health in one convenient place. Features include a wellness assessment, educational resources like recipes, podcasts and well-being videos and behavioral change tools such as daily habits plans and health trackers. Users can join wellness challenges, sync activity trackers and explore a variety of well-being resources all in one place.

We also offer a monthly wellness email and a [quarterly calendar](#) that spotlights webinars, mindfulness exercises, wellness challenges and more. Participants can select activities that fit their schedules and align with their personal wellness goals.

## On-site screenings and lab services\*

Simple, comprehensive and accurate on-site screenings are available once annually. Participants receive an on-site review of results with a wellness professional and a referral to additional services or programs, if needed.

Screenings include:

- Blood pressure
- Body mass index
- Body fat index
- Cholesterol/glucose\*\*
- Handgrip strength
- Waist-to-hip ratio
- Waist and hip circumference

Our wellness team can also provide health education and interactive displays on a variety of topics to support your health fair needs.

*\*Event limits, participation minimums and service area restrictions may apply.*

*\*\*Lab services available by voucher for select locations. Lab services may be available on-site upon request and approval.*

## Questions?

A wellness specialist will work with you to customize a program to fit your company's needs. Contact us at 866-415-7138 or [wellness@geisinger.edu](mailto:wellness@geisinger.edu).

## Education

Your employees can benefit from live and on-demand presentations and multi-session wellness courses focused on building healthy habits, preventing chronic disease, managing stress, improving mental well-being and incorporating exercise and nutrition into their lives. Evidence-based programs focused on chronic disease management and tobacco cessation are also available.

## Health coaching

Comprehensive health coaching and preventive education empower participants to build healthy habits that transform into lasting lifestyle changes. One-on-one health coaching is available by phone at each participant's convenience. Coaching sessions are interactive, personalized and confidential and can help manage weight, blood sugar, blood pressure, cholesterol, tobacco use and stress and build healthy habits.

## Wellness challenges

Unique individual and team challenges help motivate and empower your employees to set and meet their health and wellness goals. Self-guided, interactive challenges on a variety of health and wellness topics including nutrition, physical activity, mental well-being and sleep are available.

## Social needs resources

Your employees and their families can visit our online resource network at [neighborlypa.com](http://neighborlypa.com) to find free and reduced-cost programs and services, including food, housing, childcare, transportation, utility assistance, education, healthcare, legal services and financial assistance. Neighborly is also available as a user-friendly app for Apple (iOS) or Android devices.

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