



Health and wellness options for your company

Geisinger

Whether you're looking 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.

Online tools and resources

Our member 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 view their custom incentive program 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*

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.*

Education

We offer 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 your life. Evidence-based programs focused on chronic disease management and tobacco cessation are also available.

Health coaching

We offer comprehensive health coaching and preventive education, empowering 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.

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

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.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. 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)