

# Geisinger

It's never too late to start taking better care of yourself. Our newly enhanced well-being resource center serves as your online source for health and medical information, making it easier to manage your health.

## Open the door to wellness

*Your online member portal is loaded with tools and resources to help you manage your health in one convenient place. You'll find:*

### Educational resources

- A symptom checker
- Healthy recipes
- Podcasts on mental health and wellness
- Well-being resource center videos – everything from quick 10-minute workouts to breathing exercises
- Health articles on a variety of topics
- A personal health record you can access and update as needed

### Tools to change behaviors

- Daily Habits – Use this online accountability tool to accomplish your goals at your own pace by breaking them down into achievable steps.
- Health trackers – Sync your favorite fitness device to your well-being portal with our device and app connection center.
- Programs – Join challenges, request a health coach or sign up for a class – and do it all right online.

### Wellness assessment tool

One of the first steps toward a healthier you: getting a snapshot of your current health. Answer some questions to get a report of your health status and suggestions to improve it. You can access and update your wellness assessment anytime. You'll also have tools to track your eating and exercise habits.

### Getting started is easy as 1-2-3:

1. Go to [geisingerhealthplan.com](http://geisingerhealthplan.com) and choose "select account," then "health plan members" to log in (registration is required).
2. Go to the "health and wellness" tab and click "wellness online."
3. Begin your wellness assessment.

If you have issues, contact your employer or call 866-415-7138.

Interested in a wellness program for your workplace? Email us at [wellness@geisinger.edu](mailto:wellness@geisinger.edu) to request a consultation.

Rather go it alone? We have the tools to help you manage health conditions and improve your well-being. Sign into the member portal and get started today!

*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.*