



Employer guide to health & wellness

Geisinger

Healthy workers are vital for a thriving business

See why hundreds of employers trust Geisinger year after year to help translate their goals and values into dynamic, effective health initiatives.



Hello,

Thank you for choosing to partner with Geisinger to deliver your wellness program. We believe that investing in employee well-being has the power to impact not only how people feel, but how they perform. Wellness programs can be a differentiator and a vital element in fostering a healthier, happier, more engaged workforce. Your employees are one of your most valuable assets. And together, we can provide them with the support they need to make well-being a priority.

Since 2006, we've helped employers across Pennsylvania enrich the lives of their employees. Every business is different, so the best approach to wellness considers the unique needs and goals of each company. 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, we can help.

People should feel empowered — no matter where they are on their personal wellness journey. Our newest offerings are now more accessible to support traditional and remote workforces, with an emphasis on digital health resources that provide a customized and individualized experience.

Every member of our team shares one thing: a passion to help others and make better health easier. We hope that as we get to know you and your employees, your organization will feel the positive energy our team exudes. Thank you for choosing to bring wellness to your workplace.

Sincerely,

A handwritten signature in cursive script that reads "Allison Hess".

Allison Hess

Vice President of Health Services



Wellness consultation

Corporate wellness consulting gives you the framework and support to run an effective wellness program that supports your organizational goals.

Your wellness specialist will learn about your workplace and work with you to create a culture of wellness. Along with forming a wellness committee, we provide educational flyers and wellness challenge toolkits that come fully equipped with email communications, time lines and web-based options to support employees.



Wellness programs

It's no secret that employee health is one of the key drivers of healthcare costs. Employers that use a wellness program often get financial and individual health benefits for their workforce. We offer resources to keep your healthy employees thriving and to help manage any health conditions your employees may face. Our wellness programs empower employees to reach their personal health goals.

Your dedicated wellness specialist can:

- Meet you where you're at to help reach organizational wellness goals
- Work with your team to create a culture of wellness
- Analyze your employees' needs
- Build a customized wellness plan based on those needs
- Implement, manage and evaluate incentive programs
- Facilitate programming, challenges and educational presentations virtually
- Set up an online portal with tools and resources your employees can use to reach personal goals

Keys to a successful wellness program:

- Leadership, support and engagement
- A simple, customized strategy
- Wellness champions
- A health-focused culture
- Tailored communication
- Flexibility and convenience
- Incentives and initiatives that generate excitement and engagement



Health screenings

We visit worksites and locations throughout the community to offer a variety of clinical-quality screenings. These annual screenings include a review of the results with a wellness professional, a copy to take home and the option for referrals to more services and programs. Regular screenings are key to controlling conditions like high blood pressure, high cholesterol and diabetes, which often don't have symptoms.

Screenings for adults 18 and older*

- Body fat index
- Body mass index (height/weight) (BMI)
- Blood pressure
- Handgrip strength
- Waist and hip circumference
- Waist to hip ratio

Laboratory services for adults 18 and older**

- A1C
- Blood glucose (sugar)
- Fecal occult kits
- Lipid panel
 - Total cholesterol
 - LDL cholesterol
 - HDL cholesterol
 - Triglycerides
 - Total cholesterol to HDL ratio

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

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

Education

We offer multi-session virtual and on-demand wellness courses, designed to provide the knowledge, motivation and confidence to make sustainable lifestyle changes.

- Back Safety
- Pillars of Health
- Exercise 101
- Stress Management
- Healthy Kitchen
- Tobacco Cessation
- Mindfulness
- Weight Management



Choose from 50+ presentation topics, including:

- Lifestyle management
- Prevention and awareness
- Safety
- Chronic conditions
- Fitness
- Nutrition
- Mental well-being





Care team approach

Through a comprehensive population health management strategy, we can support members as they move across the health continuum. Teams collaborate behind the scenes with providers, pharmacists and the entire Geisinger team to develop care plans and provide resources — ranging from activities to keep people healthy to help for those with multiple chronic or complex medical conditions — to help our members optimize their health.

Health coaching

Whether a person is hoping to improve their health metrics, trying to be more active, aiming for better nutrition or taking steps toward a healthier lifestyle, our health coaches can help. One-on-one coaching is tailored to each person's unique health needs, and builds healthy habits that can become lasting lifestyle changes. These interactive, confidential sessions are available via phone to work with the participant's schedule. Individualized goals and progress measures keep participants engaged, while coaches provide accountability, encourage personal responsibility and self-discovery, and celebrate milestones and successes. Members can schedule a coaching session by calling 866-415-7138 or emailing wellness@geisinger.edu.

Case management

Systemwide care teams help members address complex medical conditions — like heart failure, chronic obstructive pulmonary disease, end stage renal disease and complex oncology — to be sure they get the coordinated care they need. Members can self-refer by calling 800-883-6355.

Behavioral health case management

The locally based behavioral health case management team serves members' unique mental illness, substance use disorder or psychosocial stressor needs. Members can call the Behavioral Health Care Connector team at 888-839-7972.

Tel-A-Nurse

Registered nurses are available 24/7 to offer support and answer questions: 877-543-5061.



Geisinger

It's never too late for your employees to start taking better care of themselves. And through our newly enhanced well-being resource center, they can find online health and medical information that makes it easier to manage their health.

Geisinger wellness at a glance

Our wellness platform offers a personalized well-being experience for your employees. It's loaded with tools and resources to help participants manage their health in one convenient place. Features include:

Educational resources

- A symptom checker
- Healthy recipes
- Podcasts on mental health and wellness
- Well-being 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 – Your employees can use this online accountability tool to accomplish goals at their own pace by breaking them down into achievable steps.
- Health trackers – Members can sync their favorite fitness device to their 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 – By completing a comprehensive health assessment, users can receive a detailed risk report and personalized recommendations for improvement.

Incentive program management

- Design a tailored program to support your organization's unique initiatives and goals. With flexible design, employers can incorporate a variety of standard and custom activities to motivate behavior change.
- Integration with vendors, medical records and health devices to import data makes it easy for participants to receive credit for taking steps on their well-being journey.
- Program participation tracking lets participants view their progress in their incentive program dashboard, keeping them engaged and motivated.

Our wellness platform is a member's one-stop shop to participate in employer-sponsored wellness programs, join challenges, request a health coach, subscribe to educational content, register for webinars and more.

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.

