

Get a health snapshot with Wellness Online



Geisinger

One of the first steps toward a healthier you is getting a snapshot of your current health. Wellness Online can help you do that. Our wellness assessment will show your risk for specific conditions and recommend ways to improve your health. **You can access and update your wellness assessment at any time.** Wellness Online also includes tools you can use to track your eating and exercise habits. When you start, have your health history, medical and lifestyle information on hand to get the best results. All of this at no cost to you.

Other Wellness Online benefits:

Track and analyze your personal health, nutrition and fitness data through the Connection Center.

- Explore options for personal health, self-improvement and healthy recipes in the Resources section.
- Use our wellness tools to track and graph your blood pressure, blood glucose, heart rate and more.

Accessing Wellness Online and the wellness assessment

Visit geisingerhealthplan.com*

- Go to “Select Account” to log in as a member (registration required).
- Hover over the “Health and Wellness” tab and click on “Wellness Online.”
- To access or update your wellness assessment, hover over the “Health and Wellness” tab and click on “Wellness Assessment.”

*If you are part of an employer wellness program with access to Wellness Online, but not a member, log in at wellness.geisinger.org. Members log in at geisingerhealthplan.com. If you are unable to access this information, contact your employer or our wellness team at 866-415-7138.

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.