

MAY 2015

Business Update

health management programs are available to employees



As Geisinger Health Plan (GHP) members, your employees have access to **free health management programs** to help them manage chronic health conditions. These programs are designed to allow health managers, members and providers to work together in improving your employees' health.

Our programs differ from most because a health manager works with your employees in one-on-one sessions, by phone or online to set personal goals and complete an action plan. Most programs include education on how to monitor diet, exercise, medications and other lifestyle changes.

These health management programs are available free of charge to all members:

- Asthma
- Chronic obstructive pulmonary disease (COPD)
- Diabetes
- Heart disease
- Heart failure
- Hypertension
- Osteoporosis
- *Stop Tobacco Use*
- *Well on Your Weigh*

Members who suffer from multiple or complex medical conditions will work with a case manager who provides extra assistance to members and their families. This includes:

- Help transitioning back home or to a skilled nursing facility after a short-term illness
- Contact from a nurse within 48 hours of being discharged from the hospital
- Medication evaluation
- Follow-up appointment scheduling with other providers

For more information about these programs, please call 800-883-6355.



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The Business Update is published quarterly by Geisinger Health Plan and serves as an informational resource for employers and brokers. Comments are welcomed. Please email businessupdate@thehealthplan.com.

Geisinger Health Plan and Geisinger Choice are collectively referred to as "Geisinger Health Plan" or "GHP" unless otherwise noted.

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Want to learn more about health care reform and stay up to date on the latest information? Visit TheHealthPlan.com/Reform to sign up for email updates. Simply click on "Employers" or "Brokers" and enter your email address in the bottom right corner.

Clarification about our age 26 policy

In the December 2014 Business Update, GHP announced our new age 26 policy. We stated the policy would take effect in January 2015. To clarify, the new policy applies **to businesses upon their renewal beginning January 2015**. As a reminder, this policy is changing from date of birth to end of birth month. This means any employees' dependents turning 26 have until the end of their birth month before coverage ends on their parents' plan.

cyber security

There have been several significant cyber attacks and security breaches recently across many industries. Protecting our members' health and financial information is very important to us.

Our security systems continually evaluate potential risks in conjunction with our information technology department and Information Security Office.

In the event of a breach, GHP will notify members by email. We will also take steps to notify employer groups who employ members affected by any breach.

Regarding telephone contact by us, be aware that GHP representatives will always clearly identify themselves and explain why we are calling. If you have concerns, please call us at 800-447-4000 to verify the call. Members may call customer service at the number listed on the back of their ID card.

Share the fraud tips above with your employees!

Steps to protect yourself from fraudulent activity

- Never give your Social Security number, telephone number, credit card number or bank account number to anyone who calls you.
- Create strong passwords and update them.
- Beware of sharing information online.
- Protect your home computer with firewalls, and anti-virus and anti-spyware software to protect sensitive personal and financial information.
- Beware of phishing scams asking you to click on a link and confirm personal details.

If any employees feel they are victim of identity theft, remind them to put a hold on bank and credit accounts, change commonly used passwords, and file a complaint with the Federal Trade Commission (FTC).

Geisinger Health System announces new CEO



David T. Feinberg, M.D., M.B.A., is Geisinger Health System's new president and chief executive officer, effective May 1, 2015.

Dr. Feinberg is succeeding Glenn Steele, Jr., M.D., Ph.D., and is only the sixth chief executive officer in Geisinger's 100-year history.

Dr. Feinberg is joining Geisinger after serving as president and chief executive officer at the University of California at Los Angeles (UCLA). During his tenure there he focused on high-quality clinical standards for patient care, safety and satisfaction. He was also named as one of the 50 Most Influential Physician Executives and Leaders by Modern Healthcare.

"I have always been impressed with Geisinger's commitment to doing what is right and best for its patients and members, as well as its many contributions to improving care and reforming our nation's health care system," said Dr. Feinberg.

For more information, please visit Geisinger.org.

wellness at work

“The convenience of having all wellness tests at the workplace saves most employees appointments and trips to a doctor’s office. Keeping our employees on the job increases productivity for the company.”

— Cory Fasold, Sunbury Motors Controller

Our wellness department helps members set and achieve health goals. We often visit businesses and offer screenings for every employee. Recently, Sunbury Motors in Sunbury participated in a wellness event and noted health successes. Rindy, an employee, had used smokeless tobacco since he was 15. The program was “the main reason I quit tobacco use,” he said.

Your business may also take advantage of our wellness programs and resources. Please call us at **866-415-7138** for details.



Maria Welch, a certified health coach, measures Alvin Campbell, a manager at Sunbury Motors.



we get results!

GHP’s wellness team is dedicated to helping and guiding our members to a healthier lifestyle. Over the past few years, our wellness team has succeeded in...

Nearly 100,000

total pounds lost between 2012 and 2014, which is equal to the weight of almost seven elephants!

54% of participants improved their blood pressure, blood sugar and cholesterol readings.

95% of respondents agree or strongly agree that health coaching programs and modules have been helpful in meeting their health goals.

88% of respondents agree or strongly agree that they plan to make changes to their lifestyle based on information presented at a wellness seminar.

The statistics in this article are from member surveys conducted in 2014 and 2015.

Encourage your employees to take the challenge!

Members can complete online wellness challenges monthly for a chance to win fun prizes. Challenges open on the 1st of each month.

How to sign up

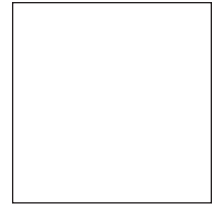
Members must log into **TheHealthPlan.com**, click “Health and Wellness” and choose “Wellness Online.” Select the “Monthly Challenge” in the center of the page. Complete the survey at the end of the challenge to qualify to win a prize.

For more information, call **866-415-7138**.



GEISINGER CHOICE[®]

100 N. Academy Ave.
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HPM50ak May15 Bus Update Dev 4/23/15



save money on **summer fun**

Your employees can take advantage of
discounted amusement park tickets.

Tip for employees

Your employees can check out our Accessories Program for discounts at amusement parks and more.

Here's how: Log into **TheHealthPlan.com**, select "Member Health & Wellness," and click on "Accessories Program."

Dorney Park & Wild Water Kingdom

Summer 2015

Members receive up to \$25 off the regular admission price. These tickets are "good-any-day" admission tickets.

Family Fun Days

July 10-12, August 14-16
Members can purchase one-day admission tickets for \$28 plus applicable taxes and fees.

Purchase tickets here:
www.dorneypark.com/geisinger.

Hersheypark

Purchase admission tickets before July 5 for extra savings!

- Prior to July 6, members receive \$21.85 off the regular, one-day admission price.
- Beginning July 6, members receive \$14.85 off the regular, one-day admission price.

Purchase tickets here:
<http://tinyurl.com/ghp2015>.
Use promotion code 12871.

Dutch Wonderland

Purchase discounted, one-day tickets for \$31.99
Members also save \$10 on a Premium Season Pass.

Purchase tickets through the link on our Accessories page.