

In this issue

2

Men's and women's wellness
American heart month
New spine program
Winter fun exercise

3

New physicians
Formulary updates

4

Ski discounts
Customer service
frequently asked questions


**GEISINGER
HEALTH PLAN®**


**GEISINGER
CHOICE®**

You can view your benefit documents, change your PCP and email a customer service representative online at thehealthplan.com

Geisinger Health Plan/Geisinger Choice Member Update is published quarterly.

Comments are welcomed.

Please email:

memberupdate@thehealthplan.com

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

Better care and service for you

Geisinger Health Plan (GHP) is committed to providing quality health care to our members. To do this, there are two sets of standards that help assess our quality and effectiveness: The Healthcare Effectiveness Data and Information Set (HEDIS) and the Consumer Assessment of Healthcare Providers and Systems (CAHPS). Each set of data is a tool for collecting information on members' experiences with GHP and our services.

Specifically, HEDIS focuses on the effectiveness of preventive health programs, such as immunizations and screenings. CAHPS, however, focuses on the effectiveness of company services, such as customer service or claims processing. Here are some tips for better care and service that we measure for HEDIS and CAHPS.



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Low-dose aspirin therapy

Cardiovascular disease is currently the leading cause of death in the U.S. One way to help reduce the risk of cardiovascular disease is with low-dose aspirin therapy. Recommended by GHP doctors, low-dose aspirin therapy requires you to take one low-dose aspirin tablet daily. It has been shown to reduce the risk of cardiovascular disease in men over the age of 45 and women over the age of 55.



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Talk with your doctor about taking a tablet each day to help reduce your risk of cardiovascular disease.

Talk with your doctor about taking a tablet each day to help reduce your risk of cardiovascular disease.

New drug search tool

GHP's online drug search tool, PilotRx, can show you if your prescriptions are covered, how much they will cost, how to save money with generics and which participating pharmacy has the lowest price.

To view covered drugs, drug costs, and detailed information:

1. Go to thehealthplan.com. Sign in as a member. (Register a username if you don't already have one.)
2. Click on "Prescription Drug Information."
3. Click on the "PilotRx Drug Pricing" tab to begin the coverage and price check process.

For more information, please call pharmacy customer service at (800) 988-4861.

Getting needed care

When you are sick, your primary care physician should be your first call. Many doctors' offices have extended hours on weekends and evenings. Talk with your health care provider to see if they offer extended hours.



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Convenient care and urgent care facilities are also a cost effective way to receive medical treatment after normal working hours. Check the provider list on thehealthplan.com to find participating facilities near you.

Men's and women's wellness

American Heart Month

February celebrates American Heart Month, which helps create awareness for cardiovascular diseases, such as heart attack or coronary artery disease. While heart disease remains the leading cause of death among both genders, there are additional dangers for women to be aware of:*

1. Smoking hurts: According to a 2011 study, female smokers are 25% more likely to develop coronary artery disease than male smokers.
2. Age matters: Women who have a heart attack under the age of 50 are twice as likely to die compared to men who suffer one at a similar age.
3. Plaque build-up: Early signs of heart disease are more easily seen in men than women. Men tend to obtain clumps of plaque build-up, which are easily seen by a doctor; however, plaque on women's artery walls are often evenly distributed and harder to see.
4. Due to women usually developing heart disease at an older age than men, they tend to be more prone to other health problems in addition to the heart disease.

Despite these differences, it's important for both genders to keep the heart strong and healthy. If you have any questions or concerns regarding cardiovascular diseases, don't hesitate to contact your physician.

**Information taken from qualityhealth.com*



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New for you!

Back pain management program



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Starting April 1, 2013, all GHP and Geisinger Choice members will acquire a new back pain management program benefit upon their renewal.

This requires that patients with spine or back pain receive an evaluation from a GHP-designated back pain specialist **before** their first consultation with pain management or a spine surgeon (unless there is an emergency). The back pain management program has three steps:

Step 1: See your primary care physician (PCP). If a higher level of care is needed, the PCP will recommend and coordinate a medical spine evaluation.

Step 2: See a back pain specialist. The specialist completes an evaluation, confirms a diagnosis and works with the member to develop a plan of care. The specialist may also order GHP's new physical therapy (PT) bundle, in which the member can obtain five physical therapy visits for one copay.

Step 3: See a spine surgeon or pain management specialist

GHP's new program will provide the most appropriate, effective and high-quality care to all members with back pain. If you have additional questions regarding the back pain management program, please contact the number on the back of your member ID card.

Exercise corner - Cardio fun in the winter

Cardio exercises are best to raise your heart rate and strengthen your heart. Don't let the winter months keep you indoors. Grab your friends or family and get your heart rate racing with some froggy jumps in the snow

1. Squat all the way down to the ground, putting your hands in front of you.
2. In an explosive movement, push up from the ground, jumping in the air and while throwing your hands in the air as well.
3. Land with bent knees to protect the joints and go back into your squat position to prepare for the next jump.



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New Physicians

This list includes new primary care physicians (PCPs) who have joined our network since November 1, 2012. For more information on these and other participating providers, please visit thehealthplan.com, or call the customer service team at the number on the back of your member ID card. (Key: FP, Family Practice; IM, Internal Medicine; and P, Pediatrics)

Allegheny

Aparna Balichetty, MD - FP
Sumana Bangalore, MD - FP
Prashan Thiagarajah, MD - IM

Berks

Colleen M. Charney, MD - FP
James R. Tucker, MD - FP
Amanda L. Gosling, MD - P
Shilu Joshi, MD - P

Blair

Sharon Halbedl Galvin, MD - FP
Joseph Anthony Vetrano, MD - IM

Butler

Prashan Thiagarajah, MD - IM

Cambria

Nazih Nassar, MD - FP

Clearfield

Timothy Clark Simpson, MD - FP

Cumberland

William J. Phelan, MD - FP

Jay Lynn Hoffman, MD - P
Holly C. Hoffman, MD - P
Stephen Krebs, MD - P
Elena G. Man, MD - P
Deborah A. Raubenstine, MD - P
Eliseo Rosario, MD - P
Stephanie Waters, MD - P

Dauphin

Karel Ann Keiter, DO - FP
Alison Hayes Skurcenski, MD - FP

Fayette

Meenakshisunder Balasubramaniam, MD - P
Qamar UI-Islam Shaikh, MD - P
Malina Sridharan, MD - P
Ghousia P. Syed, MD - P

Jefferson

Joseph Leonard, MD - FP

Lancaster

Shawn Patrick Zarr, MD - IM

Leigh

Luis E. Lopez, MD - IM
Shailesh M. Unjia, MD - IM

Jennifer B. Lyons, DO - FP
Chau Nguyen, DO - FP
Michelle Williams-Robinson, MD - P

Luzerne

Essam M. Almeky, MD - FP
Robert A. Dompkosky, DO - IM

Lycoming

Michael W. Jones, MD - FP
Ana M. M. P. Manuel, MD - FP
Jennifer S. Wilner, MD - P

Monroe

Daniela Nicoleta Hangan, MD - FP
Christopher A. Pomrink, DO - IM

Perry

Todd Alan Taylor, DO - FP

Schuylkill

Manish K. Mishra, MD - FP

York

Shailaja S. Bhatia, MD - FP

Westmoreland

Amy I. Kim, DO - IM
Marcia M. Nelson, MD - IM

Formulary update

The table below represents recent updates to GHP's formulary. If you have any questions, please contact the pharmacy customer service team at (800) 988-4861 Monday through Friday, 8 a.m. to 5 p.m. To obtain a hard copy of the formulary, call customer service or log on to thehealthplan.com.

Brand Name	Status	Triple Choice Formulary	4th Tier Application	Traditional Formulary	Prior Authorization	Quantity Limit	Detailed Limit	Formulary Alternatives
Xtandi	Formulary	3	Yes	2	Yes	Yes	120 capsules per 30 days	Zytiga*
Dymista	Formulary	3	No	2	Yes	No		azelastine, hydrochloride, fluticasone propionate
Bosulif	Formulary	3	Yes	2	Yes	No		Gleevec, Sprycel*, Tasigna*
Onfi	Formulary	3	No	2	Yes	No		lamotrigine, topiramate, felbamate, Banzel
Stivarga	Formulary	3	Yes	2	Yes	Yes	120 tablets per 30 days	None
Sklice	Formulary	3	No	2	Yes	No		lindane shampoo, malathion, spinosad
Stribild	Formulary	3	Yes	2	No	No		
Biltricide	Formulary	2	No	2	No	No		

*Indicates prior authorization required

Effective April 1, 2013 Subutex (buprenorphine) and Suboxone (buprenorphine/naloxone) will no longer have a four month lifetime limit. Prior Authorization, quantity limits, and other restrictions will apply.

The criteria for coverage for H.P. Acthar Gel have been changed for 2013. It is listed as non-formulary for commercial and Gold members. The following criteria apply:

1) For infantile myoclonic seizures:

- Documentation that the member is <2 years of age **AND**
- Must be prescribed by neurologist **AND**
- Documentation of diagnosis confirmed by EEG.

No prior authorization is needed for inpatient or emergency department use.

OR

2) For all other indications:

- GHP considers H.P. Acthar Gel **not medically necessary** for diagnostic testing of adrenocortical function because it has not been shown to be superior to Cosyntropin for this test,
- GHP considers H.P. Acthar Gel **not medically necessary** for corticosteroid-responsive conditions because it has not been proven to be more effective than corticosteroids for these indications, and
- GHP considers H.P. Acthar Gel **experimental and investigational or unproven** for all other indications because its effectiveness for these indications has not been established in peer-reviewed literature citing well-designed clinical trials to indicated that the member's healthcare outcome will be improved by using H.P. Acthar Gel.



100 North Academy Avenue
Danville, PA 17822-3240

Excuse me, I have a question

Customer service frequently asked questions

Urgent care facilities

Q. Are urgent care visits covered by GHP?

A. Participating urgent care facilities that are located within our service area are covered by GHP. Before you visit, always make sure the facility participates with GHP.



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Healthy Rewards reimbursement

Q. What proof of payment is acceptable to submit for my Healthy Rewards reimbursement?

A. There are three acceptable proof of payments: a canceled check, a credit card receipt, or a bank statement if you have auto-withdrawal from a checking account.

Ski resort discounts!

It's that time of the year! If you and your family are interested in skiing, snowboarding or tubing, don't forget to take advantage of discounts available to GHP members.



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Sno Mountain - Scranton, PA

GHP members receive a 10% discount off lift tickets and equipment rentals. To receive the discount, members must show their member ID card and driver's license when arriving.

Shawnee Mountain - Middle Smithfield, PA

GHP members receive a 20% discount off retail rates on lift tickets, tubing tickets, and ski and snowboard packages that include equipment rentals and lessons. The eTickets must be purchased at the listed link. Please use the club name and password below.

Link: <https://store-shawneemt.com/test/grplogin2.aspx>

Club name: GHP

Password: geisinger1