

GEISINGER HEALTH PLAN

Business Update

Quarter 3 2023

A photograph of a man in a white t-shirt holding a large brown dog in his arms. They are outdoors in a field, with the sun setting in the background, creating a warm, golden glow. The man is looking at the dog, and they appear to be in a close embrace. The image is framed by a dark, curved border.

Geisinger

Traveling this summer? We have you covered.

As summer kicks off and vacation season begins, your employees may be wondering whether they'll be covered if an unexpected health issue pops up. Don't worry, you and your employees can still get the care you need, wherever you need it.

- **Seeing urgent care providers** – If you're traveling out of the Geisinger Health Plan (GHP) service area, a visit to urgent care is covered under your plan (just as it would be if you were in the service area). Call GHP for instructions on submitting your receipt and visit summary so you can be reimbursed for expenses, minus the normal copay.
- **In the emergency room** – If you go to any ER for emergency treatment, claims are paid as in-network even though you're out of the area.
- **Traveling abroad** – When traveling abroad, sometimes members need to pay expenses up front/out-of-pocket to the provider. Submit your bill and receipt(s) for emergency services to the GHP claims department for reimbursement.

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Prep for a healthy lunch

Finding time for a healthy lunch can be tricky in today's fast-paced world, whether you work in an office, from home or from your car. A filling meal packed with protein and fiber not only prevents an afternoon crash, but it'll keep you full and give you energy until dinnertime. Skipping lunch, on the other hand, drops your blood sugar and can lead to overeating later in the day.

Meal prepping saves time during your busy work week. By assembling healthy lunches for the week, you'll lessen the lure of fast food or missing lunch altogether. It also helps if you're following a specific diet or sticking to a budget.

Certain foods lend themselves to easy lunch prep. Salads are a good example: Make enough for the week and separate into smaller containers with dressing on the side. Another well-balanced, nutritious choice is a Japanese-inspired bento box, or a lunch box divided into sections. Examples for a bento box include:

- **Starch** – rice or noodles
- **Protein** – meat, fish or eggs
- **Vegetables** – cooked or raw carrots, snow peas or pickled veggies
- **Fruit** – some grapes, cherries or apple slices



Salmon salad mix

Need a versatile, healthy recipe to get you on your way? Try this salmon salad mix served over lettuce or in a wrap or pita.

Yield: 2 cups
Prep time: 10 minutes

Ingredients

- 1 can salmon (14.75 oz, drained)
- 1 cup dill or sweet pickle relish (or chopped pickles)
- 1 cup plain nonfat yogurt
- 2 tablespoons light mayonnaise
- 2 tablespoons lemon juice (about 1/2 lemon)

Steps

1. Remove skin and large bones from salmon. In a medium bowl, break up salmon with a fork.
2. Add relish, yogurt, mayonnaise and lemon juice.
3. Mix until well combined.
4. Chill before serving.



Enhanced member portal

Our newly improved well-being resource center is your online source for health and medical information, making it easier for your employees to manage their health in one convenient place.

You'll find:

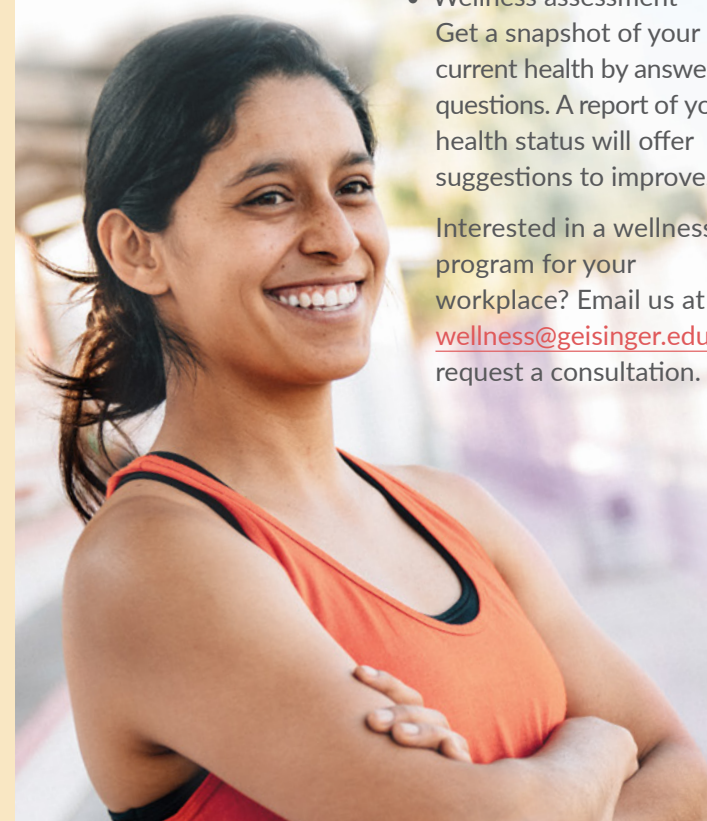
- A symptom checker
- Healthy recipes
- Podcasts on mental health and wellness
- Well-being resource center videos – everything from quick 10-minute workouts to breathing exercises
- Health articles on a variety of topics
- A personal health record you can access and update as needed

Tools to change behaviors:

- Daily habits – Use this online accountability tool to accomplish 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 – Get a snapshot of your current health by answering quick questions. A report of your health status will offer suggestions to improve.

Interested in a wellness program for your workplace? Email us at wellness@geisinger.edu to request a consultation.



Business update:

Kaiser Permanente



Geisinger and Kaiser Permanente are launching a transformative solution for healthcare in America called Risant Health – a new nonprofit organization created by Kaiser Foundation Hospitals. Upon regulatory review and approval, Geisinger will be acquired by Risant Health and then become the first member of Risant Health, a new nonprofit designed to accelerate the adoption of value-based care in communities across the country.

Bringing together Geisinger's industry-leading team with the resources of Kaiser Permanente will enhance our capabilities to care for even more people and communities and fast-track our vision to make better health easier, more accessible and more affordable for our members and commercial clients.

A few things to know:

- Employer groups and their employees will continue to have choice of – and access to – world-class healthcare services through our commercial health plans.
- Our provider network remains as it is today. Not only will your employees still have full access to all Geisinger facilities and providers, but Geisinger will continue to partner with non-Geisinger providers to offer a full range of healthcare options to our members.
- By joining Risant Health, our employer group partners and plan members will ultimately see enhanced service and more care options. Geisinger will continue to invest in our facilities and digital technology.
- A major focus will be bringing more value to our members through some of the leading-edge, consumer-friendly digital tools that Kaiser Permanente offers its patients and health plan members.
- Geisinger employees will remain Geisinger employees. Day-to-day operations will continue to focus on delivering great care, providing excellent support to our care teams and offering outstanding customer service.

Under Risant Health, Geisinger's name and mission –and what our communities and customers expect from us – will be preserved. We value our relationship with our employer groups, and we look forward to continuing to meet your needs and your employees' needs tomorrow and well into the future.

If you have questions, reach out to your account executive.

Geisinger

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Four score!

Geisinger Health Plan ranked #1 in member satisfaction among commercial health plans in PA for 4 years in a row.

To learn more about Geisinger Health Plan and the J.D. Power award, visit geisinger.org/jdpaward. For J.D. Power 2023 award information, visit jdpower.com/awards.



Benefit corner

Geisinger Care Card

Do your employees need help paying for out-of-pocket healthcare services? They can pay over time on their terms with the Geisinger Care Card. Any Geisinger patient can get the card and is automatically approved.

Pay for your copay or deductible with your card. The Care Card will pay Geisinger the full amount of your bill. Your payment to the Care Card will be split into affordable monthly payments, based on the terms you select during activation. The self-service portal makes it easy to manage your card.



You pay only what you owe – there's never any interest or added fees. Signing up for the card won't affect your credit score.

Get started by going to geisinger.payzen.com, and breathe a little easier.



The Business Update is published quarterly by Geisinger Health Plan and serves as an informational resource for employers. Share feedback at healthplan@geisinger.edu.

Geisinger Health Plan may refer collectively to healthcare 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 healthcare delivery and coverage organization. 220433 843650 lew 7/23