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GHP introduces two new health management programs

Geisinger Health Plan has recently partnered with two health management vendors. These vendors provide expertise on several specific complex conditions through 24-hour telephone support, education materials and online resources. These programs are designed to complement a physicians care. They are offered as part of your employee's benefits package, so there will be no additional costs for taking advantage of these programs.

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An HRA minus the administrative hassles

Geisinger Choice has partnered with ConnectYourCare to offer employers a fully integrated health reimbursement arrangement (HRA).

The innovative HRA solution available through Geisinger Choice and ConnectYourCare provides employers with an opportunity to eliminate the administrative burden associated with HRA administration and mitigate the risk of non-compliance.

How it works

An HRA is an employer-funded, tax-advantaged account that an employer can offer to help employees cover their health care costs. The HRA can pay for health care expenses that are incurred but are not covered by Geisinger Choice like deductibles, coinsurance or prescription drug costs.

When an employer selects an HRA through ConnectYourCare with any of our Geisinger Choice PPO plan options, the integration process we have established

makes enrollment, claims substantiation and member reimbursement easy. Geisinger Choice passes enrollment and claims information to ConnectYourCare, resulting in less administration and paper work for you and your employees.

Geisinger Choice, along with ConnectYourCare, offers you many choices when setting up an HRA for your employers. You can choose which design is best for you and your employees.

For more information about the HRA option available with our Geisinger Choice plans, please contact your account representative.

ConnectYourCare was conceived and engineered by health insurance industry professionals to be the leading carrier-independent administrative solution for managing health care accounts including the HRA. Founded in 2002, ConnectYourCare has rapidly become a market leader in account administration, adjudication and substantiation processes.

Geisinger Health Plan – more than group coverage

Do you have employees who are turning 65 or retiring soon? What about employees who are not eligible for group coverage?

We can help

We have many different coverage options that require no employer contributions and can provide information on these plans to you and your employees.

Plans for Medicare eligible employees

If you have Medicare-eligible employees nearing retirement, they may not know where to turn for health insurance. We can help these employees make a seamless transition in their health care coverage. We have several plan options for Medicare eligibles through Geisinger Gold, including health care coverage and Medicare Part D prescription coverage. Our plans give your employees the coverage they need without administrative hassles or cost to you.

We can provide information and materials about our plans or meet with your employees in person to discuss their options. If you would like more information on Geisinger Gold or would like to have a Geisinger Gold Representative come and talk with your employees, please call us at (800) 498-9731. More information on our plan options is also available at GeisingerGold.com.

Individual plans

If you have employees who are not eligible for group coverage, we have affordable health care coverage through Geisinger Quality Options, Inc. (GQO), an affiliate of Geisinger Health Plan

Our individual PPO plan, Geisinger Choice, gives consumers several plan options with various levels of coinsurance, deductibles, and premiums. The plan also offers 100% coverage of preventive care including mammograms, cholesterol screenings, immunizations and routine physicals. Individuals have a choice of adding maternity and prescription drug coverage. In addition, no referrals are required for specialist visits.

Through the Geisinger Choice Accessories Program, plan members also have access to health-related services that usually aren't covered by traditional benefit plans. Members are eligible for discounts on chiropractic, acupuncture and massage therapy services, fitness center memberships, eyeglasses and contact lenses, Lasik surgery, baby safety products and Weight Watchers® programs.

For more information about Geisinger Choice, individuals can call (800) 554-4907 or log onto GeisingerChoice.com.

HRA – a valuable wellness tool

The Health Risk Assessment (HRA), a valuable wellness tool, is available to employers and their employees at thehealthplan.com. The HRA is designed to help your employees create a wellness profile and improve their overall health awareness. It includes a series of 50 questions about health status and behaviors. Answering these questions will help your employees support current healthy habits and guide them to new ones.

After completing the HRA, a wellness profile is generated for members based on their answers, including what a member is doing well, what areas can be improved and target goals to meet in the areas that need improvement.

Employers who have 50 or more of their employees complete the HRA can receive a report of the aggregate results, which can be used to help generate wellness programs geared at improving specific problem areas for their employees.

If you would like your employees to participate in the HRA or are interested in learning about our other Wellness programs, please call our Wellness Specialist at 271-7874 Monday through Friday from 8 a.m. to 5 p.m.

Online payments coming soon!

Soon employer groups will have the ability to pay their premiums through the Geisinger Health Plan Web site, thehealthplan.com.

 **Save time and money by paying online.**

Online payments can eliminate the time and money associated with mailing. Payments are processed faster – within 24 hours – and with more accuracy.

2 Two great payment choices

Employer groups will have the option of making a single payment or setting up automatic payments to be deducted from their account every month. By electing automatic payment deductions, an employer group can also prevent late payments.

 **Available when you need it**

The online payment service will be available 24 hours a day, 7 days a week. So employer groups can make a payment whenever it's convenient for them.

Look for updates on this exciting tool in future newsletters.

GHP introduces two new health management programs

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Specialized care management offered through Accordant Health Services

Geisinger Health Plan has partnered with Accordant Health Services to provide our members with certain chronic conditions specialized resources, support and educational materials to help them manage their health and enjoy an improved quality of life.

The Specialized Care Management program available to members with the following conditions:

- Sickle Cell Disease
- Seizure Disorders
- Rheumatoid Arthritis
- Multiple Sclerosis
- Crohn's Disease
- Parkinson's Disease
- Myasthenia Gravis
- Amyotrophic Lateral Sclerosis (ALS)
- Systemic Lupus Erythematosus (SLE)
- Chronic Inflammatory Demyelinating Polyradiculoneuropathy (CIDP)
- Cystic Fibrosis
- Hemophilia
- Scleroderma
- Polymyositis
- Dermatomyositis
- Gaucher Disease

Through the Specialized Care Management program, your employees have access to nurse specialists and a team of health care professionals 24 hours a day by phone. They also can use a patient Web site, www.accordant.com, which features disease-specific information, archived interactive events with experts and more.

Alere Oncology Care program

Geisinger Health Plan has also partnered with Alere to provide an Oncology Care program for your employees who are undergoing cancer treatment. This program is designed to improve the health and quality of life of your employees by providing support during and after their treatment.

Through the Alere Oncology Care Program, your employees have will access to specialized nurses, available 24 hours a day by phone, and a Web site, Cancerpage.com, that includes a variety of resources and education.

If any of your employees are eligible for the Alere Oncology Care program or the Specialized Care Management program, they will be contacted by an Accordant or Alere nurse and receive additional program information by mail.

Tips for effectively using our mail-order pharmacy

Geisinger Health Plan has been using Medco to provide mail-order prescription services to our members since January 2007.

As part of our continued effort to provide the best possible service, we would like to let you know about some things your employees can do to ensure their prescriptions are filled quickly and accurately.

1. Employees should contact the GHP Pharmacy Customer Service Team at (800) 988-4861 prior to sending any prescriptions to Medco. The GHP Pharmacy Representative will contact Medco on the employee's behalf to enroll with Medco. Once enrolled, he or she can submit prescriptions to Medco for filling.
2. In order to receive mail-order medications through Medco, the prescription must be written for a 90-day supply.

Medco is an industry leader, providing mail order services to more than 6 million people.

If you or your employees have any questions about Medco or filling a prescription, please contact our Pharmacy Service Team at (800) 988-4861. Our staff can also provide you with additional mail order forms or envelopes to have on hand for your employees.



Accessories program adds new fitness centers

As part of the Accessories Program, Geisinger Health Plan works with fitness centers to secure discounts for our members. We are continually working to give our members more fitness center options and recently we have added several new fitness centers to our list. The list of fitness centers that offer discounts as part of the Accessories Program can be found on our Web site, thehealthplan.com under *Accessories Program*.

Geisinger Health Plan, offers the Accessories Program to all our members as part of their benefit plan. It saves your employees money on services they want without increasing their premium. The program gives your employees discounts on a variety of health and wellness related products and services, such as chiropractic care, acupuncture and massage therapy, health and wellness products from ChooseHealthy™, eye wear and eye exams, LASIK vision correction, select fitness center membership and Weight Watchers®. For more information, visit thehealthplan.com or contact your Health Plan representative.

Send us your e-mail

You can forward your comments or suggestions about this newsletter to:

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