

## **We take “Extra Care” of you**

Want more from your health plan? Geisinger Health Plan gives you many ways to stay healthy through our *Extra Care Program*.

GHP provides the tools you need to take control of your health. We'll show you how to feel better and help you simplify the sometimes complicated world of health care.

### **Preventive health programs**

Your GHP membership covers check-ups and preventive health screenings: be sure to take advantage of those recommended for you. Don't know what's recommended? Check the *Preventive Health Guidelines* at [www.thehealthplan.com](http://www.thehealthplan.com). Plus, we send reminders to members who haven't had services such as flu shots, mammograms and well-baby check-ups. We can even assist with scheduling appointments for these preventive services.

### **Health management programs**

Specially trained GHP nurses meet individually with members who have chronic conditions. This one-on-one education helps members take control of their disease through lifestyle changes and appropriate treatment. Members can feel better and improve their quality of life. Programs include:

- Asthma in adults and children
- Chronic obstructive pulmonary disease
- Congestive heart failure
- Diabetes
- HeartWise for coronary artery disease
- Hypertension
- Osteoporosis
- Tobacco cessation

### **Medical management**

Our staff helps members with complex cases and their families to manage their benefits and get the coverage they're entitled to. We help members get the right care in the right setting. We even assist members who have an accident or illness while outside our service area to return home for care in familiar surroundings.

### **Accessories Program**

Looking for health-related services not covered under a traditional benefit plan? We offer discounts on chiropractic, acupuncture and massage therapy services, fitness center memberships, eyeglasses and contact lenses, and Weight Watchers® programs.

### **Tel-A-Nurse**

This toll-free hotline for medical advice from a nurse is one of our most popular programs. Available around the clock!

Members can get more information on these programs through the member section of our Web site, [www.thehealthplan.com](http://www.thehealthplan.com). Or call our customer service team at the number on the back of your member ID card. Take advantage of GHP's "extra care" today.

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