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Managing diabetes



Diabetes is a serious condition that affects many people and causes life-long health problems. People with diabetes are more likely to have higher blood pressure and higher cholesterol

than people without diabetes. They also have an increased risk of heart disease, stroke, eye problems, kidney problems, and nerve damage.

That's why, if you have diabetes, it's important to stay active and eat a balanced diet to reduce your risk of developing other health problems.

Make fitness a priority. Begin an exercise program and set aside a specific time each day for your activity. You should gradually increase your activity level, working towards 30 to 60 minutes a day. Walking is a great way to stay fit and maintain a healthy weight. Remember to talk to your doctor

before beginning any exercise program.

Eat a balanced diet. Eating right can help you control your weight, lower your cholesterol, and give you the energy to stay active. Eat lots of whole grains, fruit and vegetables, and moderate amounts of lean protein and healthy fats.

While exercise and a healthy diet can help manage your diabetes, you also need to work with your doctor to monitor your condition.

If you have diabetes, there are several tests you need to have:

- **A1C (blood sugar) screening** – your A1C level should be below 7 percent
- **LDL (bad cholesterol) screening** – your LDL level should be below 100 mg/dl
- **Dilated eye exam**
- **Kidney function test** or treatment with medicines such as ACE or ARBS to maintain kidney function
- **Blood pressure reading** – your blood pressure should be less than 130/80

Talk to your health care provider to make sure you have received all the important tests and have your diabetes under control.

Who needs an Authorized Representative?

By designating an Authorized Representative, you give the us permission to talk to someone else regarding your care, claims, appeals and benefits.

You can be as broad or as specific as you want when filling out an this form. For instance, you can allow GHP to discuss any information or you can limit the scope to include only conversations about an ongoing treatment.

An Authorized Representative Form can be very important if someone else is handling your finances or helping with your care. You may need an Authorized Representative Form if you are:

1. a **parent** whose 18 year old child is still covered on your insurance and you need to question a claim.

2. a **spouse** who takes care of the bills and needs to discuss a claim you received for your husband/ wife.

3. a **son or daughter** caring for an elderly parent who needs to understand ongoing health management with a Care Coordination Nurse.

An Authorized Representative Form differs from a Power of Attorney form because the person you designate has no authorization to make medical decisions on your behalf; you are simply giving us permission to talk to someone about your care.

You received an Authorized Representative Form in your member packet. If you would like another copy, please call the Customer Service number on the back of your ID card.



Two enemies of a healthy heart

The hazards of high blood pressure

High blood pressure, or hypertension, causes your heart and arteries to work harder to circulate blood. The stress on your organs can eventually lead to a stroke, heart attack, heart failure, kidney failure or eye problems.

According to the American Heart Association approximately one-third of adults in the United States have high blood pressure.

If you fall into this category, talk to your doctor about how you can lower your blood pressure. A good goal for most people is a reading below 140/90.

People with diabetes should have a blood pressure reading below 130/80 and the general population should be below 120/80.

Along with always taking any prescribed blood pressure medicine as ordered by your health care provider, you should maintain a healthy weight and stay physically active; refrain from drinking too much alcohol; eat a diet low in saturated fat, cholesterol and salt; and reduce stress whenever possible.

If you have questions about hypertension or would like information on our hypertension health management program, in which a nurse can help you manage your hypertension, please call Care Coordination at (800) 883-6355 Monday through Friday 8 a.m. to 4:30 p.m.

Cholesterol — the good and the bad

High blood cholesterol is one of the major risk factors in cardiovascular disease. The good news is it's also controllable. If you are 20 years of age or older, you should have your cholesterol levels checked at least once every five years, using a blood test called a lipoprotein profile. The profile will give information about your total cholesterol, LDL levels, HDL levels, and triglycerides, a form of fat in your blood.

LDL (low-density lipoprotein) cholesterol, or bad cholesterol, can build up in your arteries causing a condition called atherosclerosis. This build-up can eventually lead to a heart attack or stroke.

HDL (high-density lipoprotein), or good cholesterol, can help protect against a heart attack by carrying cholesterol from other parts of the body back to the liver where it is removed.

Once you know what your cholesterol levels are, you can work with your doctor toward improvement. Some steps you can take include eating a diet low in saturated fat, trans fatty acids or trans fats, or dietary cholesterol; maintaining a healthy body weight; and staying physically active.

There are however some risk factors you cannot control. These include heredity, age and gender. In some cases, if lifestyle changes are not enough, your doctor may talk to you about medication to lower your cholesterol.

How do you rate?

♥ Total cholesterol

Best: Less than 200 milligrams/ per deciliter (mg/dL)
Borderline high: 200 to 239 mg/dL
High: 240 or more mg/dL

♥ LDL (bad) cholesterol

Best: Less than 100 mg/dL
Good: 100 to 129 mg/dL
Borderline high: 130 to 159 mg/dL
High: 160 to 189 mg/dL
Very high: 190 or more mg/dL

♥ HDL (good) cholesterol

Best: 60 or more mg/dL
Good: 40 to 59 mg/dL
Bad: Less than 40 mg/dL

♥ Triglycerides

Normal: less than 150 mg/dL
Borderline high: 150 to 199 mg/dL
High: 200 to 499 mg/dL
Very high: 500 or more mg/dL

New physicians

This list includes new PCPs who have joined the Health Plan since April 1, 2008. For more information on these and other participating providers, please visit our Web site, thehealthplan.com, or call the Customer Service Team at the number on the back of your ID card.

Adams

Internal Medicine

Victor Sidhom, MD

Allegheny

Family Practice

Mehernosh P. Khan, MD

Nandita Padiyar, MD

Internal Medicine

Michael J. Farrell, MD

Simrun K. Gill, MD

Berks

Family Practice

David Carl Brock, MD

Francis Lamar Foley, MD

Barbara Mann-Harmonic, MD

Chhavi Pande, MD

Robert W. Schorschinsky, DO

Matilde R. Sotomayor, MD

Raji Srinivasan, MD

Thomas Allen Stewart, MD

Internal Medicine

Fariborz Gorouhi, MD

Bradford

Family Practice

Walter A. Black, MD

Cambria

Family Practice

Lauren E. Trimeloni, MD

Internal Medicine

Alan J. Kanouff, DO

Clearfield

Family Practice

Karen Willenbring, MD

Pediatrics

Raja Saradar, MD

Cumberland

Family Practice

Chadler Matthew Jumper, MD

Jeffrey Neal Potter, MD

Thomas A. Sainz, DO

Internal Medicine

Martin Karlicek, MD

Paul G. Varahrami, MD

Lackawanna

Family Practice

John W. Caruno, DO

Internal Medicine

Shireen Anne Lobo, DO

Pediatrics

John Henry Marx, MD

Lancaster

Family Practice

Robert K. Aichele, DO

Peter J. Altimare, MD

Robert J. Baird, MD

James A. Bernheisel, MD

Louise Butler, DO

William A. Carter, MD

Jason E. Conwell, MD

Daniel L. Diehl, MD

James G. DuPrey, MD

Catherine J. Edmonds, MD

David H. Emmert, MD

Eugene K. Engle, MD

Susanne Engler-Scott, MD

Richard P. Frey, DO

David E. Fuchs, MD

Richard J. Gayeski, MD

Patrick Edward Gilhool, DO

John David Ginder, DO

Louis P. Gray, MD

Dwight A. Herr, MD

J. Clair Hess, MD

Peter A. Hurtubise, DO

Jon R. Ichter, MD

Richard D. Jackson, MD

Julie L. Jones, MD

Althea M. Keener, MD

Kathleen A. Kreider, MD

Michelle L. Landis, DO

Jon D. Lepley, DO

David Ling, MD

Preeti Malhotra, MD

Claudia Marcozzi-Palandjian, DO

N. Anthony Mastropietro, MD

Stephanie A. McKnight, MD

Charles R. Mershon, MD

Heather A. Morphy, MD

Douglas R. Morrissey, MD

Garry L. Mueller, MD

Gregory L. Murphy, MD

Miles G. Newman, DO

Peter S. Novosel, MD

J. William Parke, MD

Robert S. Pratt, MD

Alice E. Riden, MD

Eugene Romano, DO

Gary A. Samberg, DO

Thomas C. Scott, MD

J. Donald Siegrist, MD

Corey R. Smith, DO

Scott G. Snyder, MD

Robert J. Stengel, MD

Michael W. Warren, MD

Michael Kroll Weed, MD

Randy R. Westgate, MD

Steven Wilbraham, MD

Internal Medicine

Jennie M. Barbieri, MD

Larien George Bieber, MD

Sergei Chekov, MD

Marilyn D'Andrea-Spica, MD

John K. Derderian, DO

Swapna Ravindra Deshpande, MD

Harold P. Dietzius, MD

Jeffrey R. Gerard, MD

Philip James Jantzi, MD

Lisa Kristin Kernic, DO

John Allen King, MD

Michael K. Knolle, DO

Dale R. Lent, DO

Joseph MacDonald, DO

Michael C. Manolas, MD

Samuel Alan Rice, MD

John Jeffrey Scott, MD

James Everett Spicher, MD

Robert Anthony Tribuzio, MD

Alfonzo J. Zangardi, MD

Pediatrics

Kenneth David Fleming, MD

William S. Martens, MD

Margaret A. Reiley, DO

Christine Sweeney, MD

Melissa Anne Tribuzio, MD

Lehigh

Family Practice

Gregory M. Singer, MD

Pediatrics

Kristin M. Baranko, MD

Monica C. Gavin, MD

Frank H. King, MD

Nicole F. Rosenthal, DO

Luzerne

Family Practice

Christina M. Reilly, DO

Montgomery

Family Practice

Linda P. Kurian, MD

Northampton

Family Practice

John W. Caruno, DO

Leonor Forero-Briggs, MD

J. Stephen Long, MD

Internal Medicine

Anuja Rohatgi, MD

Susan P. Sloan, MD

Susannah M. Stair, MD

Internal Medicine - Pediatrics

Susannah M. Stair, MD

Northumberland

Internal Medicine

Dorothy Y. Fisher, MD

Somerset

Family Practice

Christopher Poggi, DO

York

Family Practice

Tomas Friedrich, MD

Internal Medicine

Vipul B. Shah, MD

Formulary updates

Medications deemed non-formulary:

Xyrem (3) *,t

Neupro (3) *,t

Ventavis (3) *,t, **

Letairis (3) *,t, **

Veregen (3) *,t

Medication additions:

Twinject (3) **

Levemir (2)

Tricor (2)

Revatio (3) *,t, **

Tracleer (3) *,t, **

Existing users of Tracleer and Revatio will be grandfathered into the prior authorization requirements.

() = tier

* = requires prior authorization under the non-tiered benefit

t = requires prior authorization under the tiered benefit

** = quantity limits apply

Breathe easier — controlling COPD

Chronic obstructive pulmonary disease (COPD) is a serious lung condition where a blockage in the lungs makes it increasingly harder for a person to breathe. COPD happens as the result of other health problems such as bronchitis, emphysema or asthma.

There are several risk factors for developing COPD, including environmental pollutants. However the number one factor is smoking, which causes about 80 to 90 percent of deaths related to COPD, according to the American Lung Association.

Testing for COPD

If you are at risk for COPD or are experiencing symptoms, talk to your doctor about being tested for the disease. Some of the symptoms include shortness of breath, a constant cough and wheezing.

The test for COPD, called spirometry is a simple breathing test. The patient blows into a machine, which measures the amount of air the person breathes out and the amount of time it takes. From this test, your doctor can determine if you have the disease and, if so, how far it has progressed. This information can help you and your doctor develop an appropriate treatment plan.

Treating COPD

You can live with COPD if it is diagnosed and treated properly. Once you've been diagnosed with COPD, it's important that you eliminate certain risks. You should quit smoking, and avoid exposure to chemicals, dust and other pollutants. In addition to these important lifestyle changes, your doctor may prescribe one or more medications to manage your condition and help you breathe easier. Medications for COPD can include bronchodilators or inhaled steroids.

If you have questions about COPD, or if you would like to learn about our COPD health management program, please call Care Coordination at (800) 883-6355.

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Comments are welcome.

Please write:

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For questions about your plan, phone
(800) 447-4000 weekdays between 8
a.m. and 6 p.m.

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