

Summary of Benefits

More for you from the people who know health insurance and healthcare

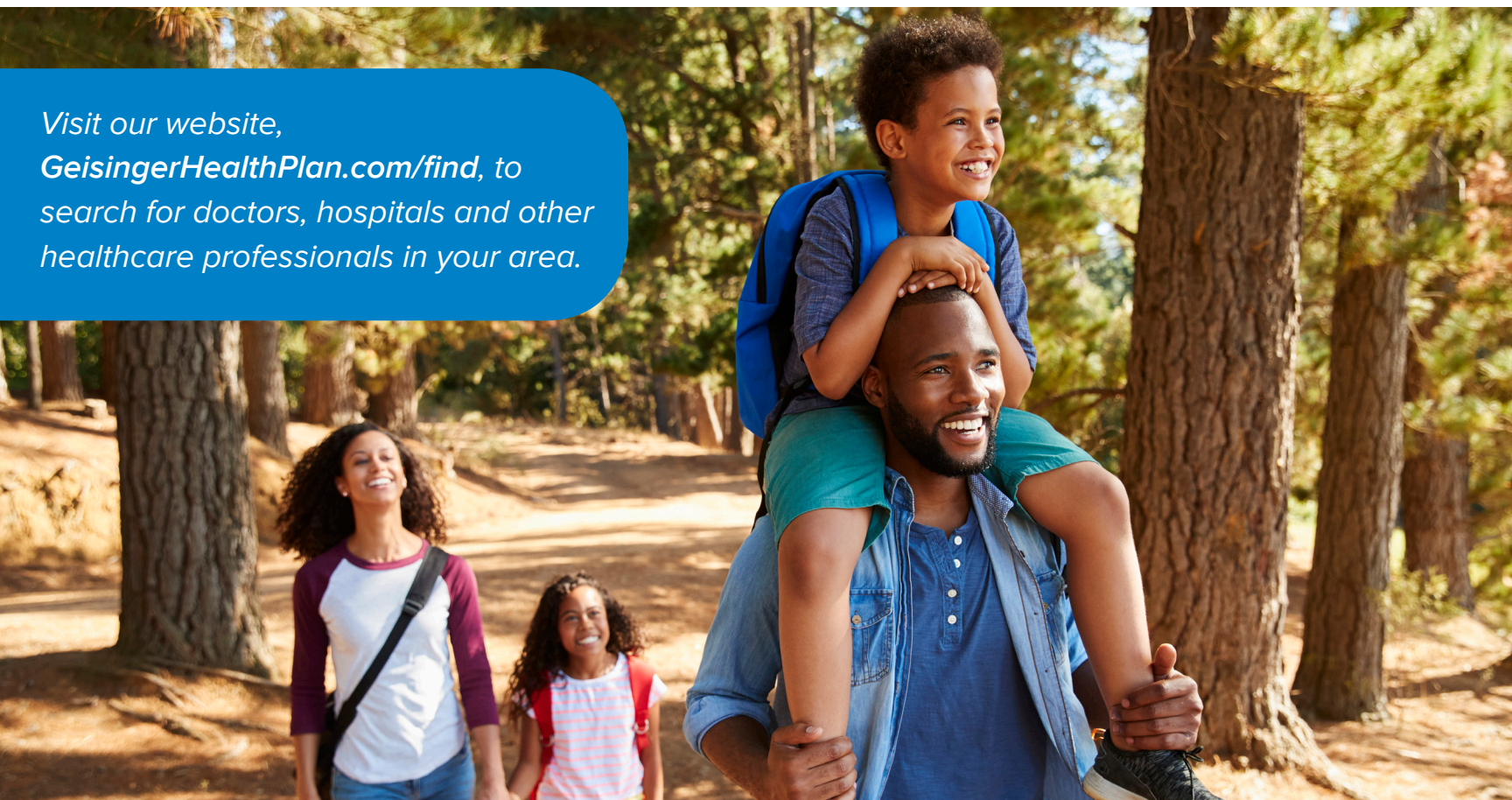
Choosing a good health insurance plan is more important than ever. With Geisinger Health Plan (GHP), we cover the services you need and help you stay healthy by better managing your healthcare needs.

Nationally recognized care you can trust:

- Our plan is ranked in the top 25 from the National Committee for Quality Assurance (NCQA) in:
 - Childhood immunizations
 - Anti-rheumatic drug therapy
 - Well-child visits in the first 15 months of life
- Our network includes a variety of qualified providers, including thousands of Geisinger doctors and additional doctors and hospitals in the community.
- No matter if you have an ongoing condition, complicated healthcare needs, or are healthy and want to stay that way, we have programs for you. You'll have more effective services, designed with the resources of Geisinger, one of the state's most respected names in healthcare.

*Applies to Geisinger HMO plans. The source for data contained in this publication is Quality Compass® 2018 and is used with permission of the National Committee for Quality Assurance (NCQA). Any analysis, interpretation, or conclusion based on these data is solely that of the authors, and NCQA specifically disclaims responsibility for any such analysis, interpretation, or conclusion. Quality Compass is a registered trademark of NCQA. Measures cited include beta blocker treatment after a heart attack, adolescent immunizations combination 1, and controlling high blood pressure.

*Visit our website,
[GeisingerHealthPlan.com/find](https://www.GeisingerHealthPlan.com/find), to
search for doctors, hospitals and other
healthcare professionals in your area.*



Plans that combine quality with affordable care

When you join GHP, you will receive coverage for:

- Medical care including visits to primary care and specialty care physicians, hospitalization, emergency care, X-rays, lab services, home healthcare and many other services. Maternity care is also covered.
- Coverage for preventive care such as routine physicals, mammograms, immunizations, blood pressure screenings, cholesterol screenings and more.
- Emergency care throughout Pennsylvania and beyond. No matter where you travel, emergency care is covered.
- Wellness and health management programs from our team of nurses who can help you on a path to better health.
- Behavioral health benefits that offer confidential access to mental health and substance abuse treatment.

A large network with thousands of physicians

When you become a member, seeing a doctor or going to the hospital is simple. GHP's provider network includes over 130 hospitals and more than 30,000 primary and specialty care providers throughout Pennsylvania, giving you access to outstanding medical care from excellent doctors, hospitals and other medical professionals.

Also, when you visit one of our network providers, you will have coverage for preventive care such as immunizations, healthcare screenings, well-baby care and more.

Personalized support

Managing serious health issues can be difficult. Our health and wellness team can help you cope with illnesses and complex medical conditions through programs designed by the experts at Geisinger. We offer these programs to our members and work closely with your doctor.

If you have an ongoing illness, we partner with you and your doctors to coordinate healthcare and social services, as well as provide valuable information and guidance. Programs are available for:

- asthma (for children and adults)
- chronic obstructive pulmonary disease (COPD)
- coronary artery disease
- diabetes
- heart failure
- hypertension
- osteoporosis
- weight management
- tobacco cessation

If you have a complex medical history, our health management team can help you and your family understand and oversee your medical services. This may include support with hospital discharges, understanding medications, follow-up appointments to providers, moving to a skilled nursing facility and more to help manage your condition.

Discounts on Products and Services

- **Eyewear and eye exams** – save \$5 on examinations for eyeglasses and contact lenses. Discounts are available on eyeglass lenses, frames, coatings, tints, and lens treatments.
- **Mail order contact lenses** – save 15 percent on replacement contact lenses by mail from the manufacturer. Lenses are 100 percent guaranteed.
- **LASIK vision correction** – Get a 15 percent discount off the regular price (or five percent off promotional prices) for LASIK treatments throughout the U.S. Laser Network.
- **Fitness centers** – discounts on memberships at participating fitness centers throughout the service area.
- **Chiropractic care** – 25 percent discount from participating chiropractors include mobilization and adjustment of tissues and joints. It may also include X-rays, ultrasound, cold pack treatments, or electrical muscle stimulation.
- **Acupuncture** – savings on acupuncture to treat back pain, headaches, chronic pain and more.
- **Massage therapy** – 25 percent discount from participating massage therapists.
- **Safe Beginnings** – 15 percent savings on child and family safety products, as well as baby care accessories.
- **Breast pumps** – receive discounts on top-name breast pumps and breastfeeding accessories.

Tel-A-Nurse

Speak to a registered nurse when you need help or have questions. You can receive guidance and information 24 hours a day, seven days a week. There is no copay or coinsurance for speaking to a nurse, and no limit to the number of calls you can make. Get advice on numerous medical conditions, including asthma, allergies, arthritis, backaches, colds, croup, measles, medical tests, mumps, stomach pains and much more.

Health alerts

Log in to [GeisingerHealthPlan.com](https://www.GeisingerHealthPlan.com) to see your own personal health alerts. You will see a list of important preventive and chronic care services recommended specifically for you.

Sign up or log in to the member service center at [GeisingerHealthPlan.com/signin](https://www.GeisingerHealthPlan.com/signin) to get the most from your benefits and play a more active role in your healthcare.

A health plan for employees with claims and network administration services provide by Geisinger Indemnity Insurance Company.

Geisinger Health Plan may refer collectively to Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted.

This benefits guide is intended as an information source and does not constitute a coverage document. The Summary Plan Description is controlling as to any issues of benefits coverage, limitations and exclusions. This managed care plan may not cover all your health care expenses. Read your Summary Plan Description carefully to determine which health care services are covered. For more information, please contact the customer service team at the number on the back of your member ID card.

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

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