



Your health and wellness options

Geisinger's health and wellness department offers customized and personal population health management services. Our dedicated team is ready to help you and your employees lead healthy lives with our on-site services and online wellness tools.

LVBCH group packages include:

- A dedicated wellness specialist offering ongoing assistance and program evaluation
- Unlimited online offerings, including the HRA, modules, wellness challenges, trackers and more
- Unlimited health coaching sessions with a certified health coach or registered nurse based on condition
- Between 4-6 wellness events throughout the year such as biometric screenings and on-site seminars*
- Administrative and IT/Technical support
- Reporting and program performance evaluation
- Health fairs
- Flu shots*

Incentive program add-ons available for large groups**:

- Dashboard access and customized materials
- Customized and branded web based and mobile responsive incentive management tools and wellness information
- Qualification reports and aggregate year-end report
- Eligibility maintenance
- Incentive program management
- Enhanced administrative support regarding customized program
- Enhanced review of clinical data/program impact and cohort trending

On-site health screenings and services

Our fully-trained wellness professionals provide convenient testing for employees at your work place. Screenings include a review of results with a health coach, a copy of any test results and the option for referrals to additional services and programs. In addition, we offer workplace wellness courses designed to motivate your employees.

Online tools and health assessment

Members can log in to [GeisingerHealthPlan.com](https://www.GeisingerHealthPlan.com) and explore a variety of Wellness Online tools, including a health assessment, health education modules, activity trackers and a meal planner, by clicking on "Wellness Online" under the "Health and Wellness" drop-down menu.

A regional wellness specialist will customize a program to fit your company's needs. Call our health and wellness department at **866-415-7138**.

Geisinger
Health Plan

LVBCHSM
Employers for Healthcare Value Since 1980

* Contingent upon group size. Reach out to our wellness department for more information.

** Additional fees for certain services, incentive programs, or multiple locations may apply.