

## Special Broker Bulletin: April 4, 2020

Our wellness specialists are dedicated to providing resources to maintain the health and well-being of those in communities we live, work and serve. We will be here through this unprecedented time and after to provide tools and programming to meet the unique needs of your workforce. If you are interested in receiving customized health and wellness resources, email us at [ghp\\_wellness\\_staff@thehealthplan.com](mailto:ghp_wellness_staff@thehealthplan.com) to partner with one of our specialists. In the meantime, check out these community resources below.

### Emergency food boxes

Our health and wellness team has collaborated with Weinberg CEO and Central PA Food Bank to implement emergency food box distribution. If you are in urgent need of food, call [866-415-7138](tel:866-415-7138) and select option 1.

### Neighborly

Neighborly lends a hand to help you find free or reduced-cost services in your community. Visit [www.NeighborlyPa.com](http://www.NeighborlyPa.com) for local support resources to access, housing, transportation, utility assistance, medical care, job training and more. Neighborly is updated often to include local programs responding to COVID-19.

### Health coaching

Our health coaches provide personalized support and encouragement to GHP members and patients to promote a healthy lifestyle. Topics include nutrition, hypertension, stress, tobacco cessation, lower back pain, prediabetes, weight management and overall well-being. Call [866-415-7138](tel:866-415-7138) to enroll.

## Population health programs

If you need help managing a health condition, our care team is ready to assist. They'll work with your healthcare provider to coordinate your care and provide tips and information to address your condition. Call our case management department at [800-883-6355](tel:800-883-6355) and ask about getting referred to a member of our care team.

## Behavioral health services

We offer personal assistance and a variety of resources for coping with behavioral health issues. Call the GHP behavioral health care team toll-free at [888-839-7972](tel:888-839-7972) between 8 a.m. and 5 p.m., Monday through Friday.

## Online wellness resources

Geisinger Health Plan members have 24/7 access to an online wellness assessment, health and wellness workshops, trackers, and a health library by logging into the member portal at [GeisingerHealthPlan.com](https://GeisingerHealthPlan.com) and clicking "Health and Wellness" and then "Wellness Online".

You can also find a variety of health and wellness information on our [website](#) which includes topics like exercising safely at home, handwashing, self-care, recipes and more.

## Keep up with COVID-19

The latest news and announcements about the coronavirus outbreak can be found on our [Coronavirus Resource Center](#).