

## New Choice Plus Benefits

Dietitian services and weight-loss medications are covered.

## Gregory and Lorraine Harper Recognized

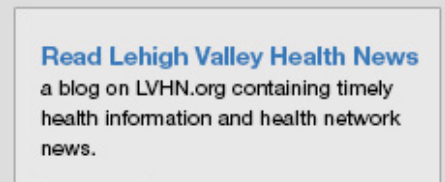
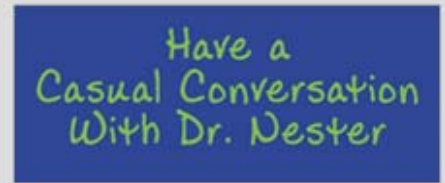
A Cancer Center program is named in their honor.

## Recreation Committee Offers

Buy Phantoms tickets; get a Sam's Club gift card.

## Retirement Income Strategies for Women

This VALIC seminar will be held four times in January.



# New Choice Plus Benefits for 2016

BY [RICK MARTUSCELLI](#) · JANUARY 4, 2016

Colleagues and their dependents with the Choice Plus health plan can now take advantage of new benefits that will help you control your medical condition of lose weight and get healthier. Effective Jan. 1, 2016, medical nutritional therapy as well as education and training services performed by a tier 1 or tier 2 registered dietitian will be covered, subject to the appropriate deductible and co-insurance. There is a limit of four visits allowed per calendar year. Additional visits must be precertified by care management. Nutritional counseling can be received for conditions such as diabetes, obesity, anorexia and others.

As of Jan. 1, prescribed weight-loss medications (anorexiant) also are covered, based on pharmacy co-pay structure. The follow restrictions apply:

- Medications must be prescribed in conjunction with a supervised weight-loss program.



- Medications must be prescribed by a board-certified weight-loss physician or advanced practice clinician (physician assistant or nurse practitioner) while the patient is under that provider's direct supervision.
- Coverage requires precertification and a review for medical necessity.nutr
- Medication must be purchased through Health Spectrum Pharmacy Services.

If you have questions, please contact Populytics at 484-862-3505.

# LVHN's Cancer Risk and Genetic Assessment Program Being Named for Gregory and Lorraine Harper

BY [TED WILLIAMS](#) · JANUARY 6, 2016

Early on in his career as a cancer specialist, Gregory Harper, MD, PhD, realized that genomic medicine was the future in the battle against cancer. During his 17 years as medical director of the Lehigh Valley Health Network's (LVHN) Cancer Center, he pioneered a cancer risk and genetic assessment program. This program offers patients the opportunity to understand their genetic risk for cancer and medical, psychological and familial support in making decisions about prevention and treatment related to their genetic profile.

Today, the program has two full-time genetic counselors who provide genetic counseling and recommendations for genetic testing, screening and prevention for patients and families with inherited cancer susceptibility gene mutations.

For their dedication to this effort and to advancing LVHN's cancer program overall, the genetics program was officially named the Gregory and Lorraine Harper Cancer Risk and Genetic Assessment Program at a ceremony



Wednesday at the John and Dorothy Morgan Cancer Center, Lehigh Valley Hospital–Cedar Crest.

Harper retired from LVHN in 2013, but that hasn't dimmed his commitment to fighting cancer through genomic medicine. Last year, Harper and his wife, Lorraine, endowed \$100,000 to cancer risk and genetic assessment program development, professional staff development, physician and patient education, and patient testing.

Over his career as medical director, he became the driving force to establish LVHN's integrated approach to cancer care. LVHN received designation from the National Cancer Institute as a Community Cancer Centers Program (2010-14). This designation opened greater access to the latest oncology clinical trials and research-based treatments.

Lorraine Harper's philanthropic efforts are well known throughout the Lehigh Valley area. For many years, she was finance director for the Auxiliary of Lehigh Valley Hospital and was the driving force in the channeling of donations through endowment to various hospital departments. She also was a longtime member of the Allentown Shade Tree Commission and has long been an active member of several committees at Episcopal Church of the Mediator in Allentown.

Keith Weinhold, LVHN's senior vice president, service lines, and Suresh Nair, current medical director of the cancer program, presented the Harpers a plaque celebrating the christening of the program that will be displayed at the cancer center. Brian Nester, DO, MBA, FACOEP, LVHN's president and chief executive officer, also honored the Harpers with a specially made clock commemorating the event.

# Buy LV Phantoms Tickets; Get a \$10 Sam's Club Gift Card

BY [NICHOLAS FRITZ](#) · JANUARY 8, 2016

LVHN's Recreation Committee arranges colleague discounts on hotels and resorts, restaurants, entertainment venues and a variety of retail items among other opportunities. Here are examples of ways you and your family can have fun and save money this month.

## Phantoms vs. Wilkes-Barre/Scranton Penguins

Join the LVHN Recreation Committee at the game. Only 100 tickets are available in sections 112 and 113.

**Date:** Friday, April 15, 2016, 7:05 p.m.

**Price:** \$21

[Get a reservation form](#) or contact [Donna.Stout@lvhn.org](mailto:Donna.Stout@lvhn.org) for more information.

## Sam's Club gift card

Join or renew your membership before Feb. 29, 2016 and get a gift card worth \$10. To receive this offer you must:

1) Bring this [flyer](#) to your local Sam's Club



# Retirement Income Strategies for Women in January

BY [NICHOLAS FRITZ](#) · JANUARY 5, 2016

VALIC Retirement, the company managing our retirement plans, will host the seminar “Retirement Income Strategies for Women” at the following locations:

**Jan. 12** – 12-1 p.m., LVHN–Mack Boulevard room 6B

**Jan. 13** – 12-1 p.m., LVH–Cedar Crest ECC room 5

**Jan. 14** – 12-1 p.m., LVH–17<sup>th</sup> Street auditorium

**Jan. 20** – 12-1 p.m., LVH–Muhlenberg ECC room D



Registration is required to attend one of these seminars. [Click here to register](#) and enter one of the following codes:

For LVHN–Mack Boulevard seminar: LVHALL11BL

For LVH–Cedar Crest seminar: LVHALL11BC

For LVH-17 Street seminar: LVHALL11BM

For LVH-Muhlenberg seminar: LVHBET11AR

VALIC Retirement advisors are available to help you at:

LVH-Cedar Crest:

Jeff Hofmann: 610-402-8801

Michael Ryan: 610-402-8801 (advisor for LVPG colleagues)

LVH-17<sup>th</sup> Street:

Tim Schroyer: 610-969-2625

LVH-Muhlenberg and Health Network Laboratories:

Kevin Gertz: 610-392-9912