

GEISINGER GOLD

Member Update

Quarter 2, 2025



Getting the most from your benefits

Your Geisinger Gold insurance has a lot of benefits to keep you healthy. These benefits vary by plan, so check your individual Gold plan documents to see if they're included in your plan. Here are a few to consider:

Extra Help is a federal program to help you pay for prescription drug costs, depending on your income and assets. Call the Social Security Administration at 800-772-1213 to see if you qualify.

Geisinger Mail-Order Pharmacy is available on all plans with prescription drug coverage. Have your medications delivered right to your doorstep and opt in to automatic refills to make sure you don't run out. Register by calling 844-878-5562 or call the customer care number on the back of your member ID card.

Telehealth e-visits connect you to your healthcare provider online from the convenience of your home. For more information, call the customer care number on the back of your insurance card.

Silver&Fit offers you discounts at participating Silver&Fit fitness centers or on home fitness kits. Enroll online at silverandfit.com or call American Specialty Health at 877-427-4788.

Birdsong provides hearing aid benefits at participating Birdsong providers. Visit birdsonghearing.com for more info and to find a provider near you.

SKYGEN network and other providers can be seen for covered dental benefits. Need to find a dental provider? Visit geisinger.sciondental.com/mwp/landing and click "Geisinger Medicare" to search.

Geisinger HEALTH PLAN

STAAR Alert is a personal emergency response system that allows you to press a button and call for help during a medical emergency. Call 800-498-9731 to enroll.

Discounts on products and services, such as fitness centers, amusement park admissions, vision services, chiropractic care, massage therapy, acupuncture, nutrition services and wearable fitness devices. Details about these discounts can be found at geisingerhealthplan.com. Log in (registration required), go to the "Health and Wellness" drop-down menu and click "Local discounts."

Build a healthier you with self-care

Practicing self-care isn't selfish. In fact, it's a necessity for a healthy, fulfilling life. Carving out a few minutes for yourself regularly lets you perform, feel and be your best to tackle life's challenges. As the saying goes, "You can't pour from an empty cup."

Keep that cup full by taking care of yourself. Here are some ways to get started.

Move more.

Regular physical activity helps maintain a healthy weight, improves cardiovascular health, strengthens muscles and boosts energy levels. That doesn't have to mean sweating it out at the gym. Finding an activity you enjoy can make it easier to stick to a regular exercise routine.

Care for your body.

Drinking plenty of water and consuming a balanced diet fuels your body to do the things you love. But healthy eating isn't the only way to take care of your body. Simple things like brushing your hair, flossing your teeth daily, taking a long bath or trimming your nails are all part of self-care.

Catch more Zzzs.

If you're like more than one-third of American adults, you could benefit from more sleep. Aim for 7 to 9 hours each night for maximum benefit.

To get better rest:

- Go to sleep and wake up at the same time every day, even on weekends.
- Keep your room quiet, dark and cool.
- Avoid caffeine or a big meal before bed.
- End screen time about an hour before going to sleep.

Reduce stress.

When stress piles up, you might have headaches, fatigue, sleep problems and muscle tension. It may cause you to overeat or withdraw from family and friends. And left unchecked, stress could contribute to high blood



pressure, heart disease and obesity. So it's key to find healthy ways to cope, like talking to a friend, journaling, practicing yoga or focusing on the positive.

Do activities you enjoy.

Hobbies, exercise, spending time with loved ones or simply taking a break to do nothing helps you relax and destress.

Activities like gardening, hiking, golfing or martial arts can get you moving while enjoying a good time. And hobbies that challenge or focus your mind — think crafting, scrapbooking, painting, doing puzzles or listening to music — can have big mental and emotional benefits.

Connect with others.

Being lonely or socially isolated is linked to poorer health, depression and shorter lifespan. So spend time in the company of others: Join a community group, volunteer, play with a pet, take an art class, learn a new language, have a game night or find other ways to meet new people (or see ones you've known for years).

Know when to seek professional help

It's normal to feel down from time to time. But if you feel sad most days and it's affecting your daily activities, it might be time to reach out for professional help. A good place to start is with your primary care provider. They can offer coping strategies or refer you to a mental health specialist, if necessary.

By prioritizing self-care and incorporating it into your daily life, you can cultivate a healthier, happier, more balanced you.



Wellness programs make better health easier

Interested in learning more about upcoming wellness programming? Visit go.geisinger.org/wellnesscalendar or scan the QR code to sign up for our virtual programs. You can also sign up for our monthly wellness email and browse this quarter's offerings, including a variety of educational topics, challenges and classes.

Your partner in health: New website



Better health can be easier with Geisinger Health Plan's new website, which launched in late March. Everything you need to manage your health plan is right at your fingertips in a clean, user-friendly format that's easier to navigate.

Check it out: geisingerhealthplan.com

Looking for help with everyday needs?

While affordable housing, fresh produce and reliable transportation aren't often seen as direct healthcare needs, they're absolutely necessary for living a healthy life. Geisinger's approach to caring for your whole health helps improve access to social care resources when you need them.

With access to healthy food, good health can become a reality. Geisinger's partnership with the Central PA Food Bank connects people in need of food assistance to trained staff who can help with Supplemental Nutrition Assistance Program (SNAP) enrollment or access to a local food pantry. SNAP provides benefits that can be used to buy food at most grocery stores.



Interested in learning more? Visit neighborlypa.com or scan the QR code and search for "Geisinger SNAP Referral Program" to get started. Once the food bank receives your request, they'll be in touch to review your eligibility for the SNAP program. If you're eligible, they will help you apply. And if you live outside the Central PA Food Bank's coverage area, they will refer you to another program near you.



Manage your health in the member portal

For tools to make your healthcare easier, sign in or create a member portal account at go.geisinger.org/goldnews.

Some of the things you can do:

- Find a provider
- See your claims and benefits
- Update your communication preferences



Geisinger Gold Medicare Advantage HMO, PPO, and HMO D-SNP plans are offered by Geisinger Health Plan/Geisinger Indemnity Insurance Company/Geisinger Quality Options, Inc., health plans with a Medicare contract. Continued enrollment in Geisinger Gold depends on contract renewal. Geisinger Health Plan, Geisinger Indemnity Insurance Company, and Geisinger Quality Options, Inc. are part of Geisinger, an integrated health care delivery and coverage organization. Risant Health is the parent organization of Geisinger. Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation.

Health and Wellness or prevention information

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (TTY: 711).

注意：如果您使用繁體中文，您可以免費獲得語 800-447-4000 (TTY: 711)。