

GEISINGER GOLD

Member Update

Quarter 3, 2024



Geisinger

Help prevent a stroke with these 4 food types

Stroke is often preventable. Certain health conditions and lifestyle factors — including blood pressure, whether or not you smoke, having diabetes and your diet — play a big part in your risk of stroke.

“The same foods that help us maintain a healthy weight and prevent diabetes and heart disease can also help prevent a stroke,” says David Ermak, DO, a Geisinger vascular neurologist. “That’s because heart health and stroke are closely linked. Eating nutrient-rich foods that are good for your heart can lower your stroke risk.” *(continues on p. 2)*



Think about these brain-healthy food choices:

Produce

Fruits and vegetables, a smart choice for controlling weight and keeping your heart in good shape, can also help prevent a stroke. They're low in fat and calories, rich in fiber and loaded with nutrients. Eat four to five servings each day.

High-potassium produce (e.g., sweet and white potatoes, bananas, tomatoes, prunes, melons and soybeans) can help maintain a healthy blood pressure – the leading risk factor of stroke. And magnesium-rich foods like spinach are also linked to a lower stroke risk.

Fish

Salmon, albacore tuna, trout and mackerel are high in omega-3 fatty acids (a healthy fat found in oily fish), which help keep your blood pressure and cholesterol in check. Eat two or three servings each week.

Whole grains

When grains are refined to make white bread, English muffins and white rice, healthy nutrients are stripped out. It's better to choose whole grain bread and cereal, oatmeal and brown rice instead.

Whole grains are high in fiber, B vitamins, magnesium and iron – all of which promote heart health and can help prevent stroke.

Low-fat dairy

Cheese, milk, yogurt and other dairy products deliver calcium, protein, vitamin D and potassium. Opt for low-fat and non-fat milk, yogurt and cheese products. They provide healthy nutrients that can lower your risk of heart disease, Type 2 diabetes and high blood pressure – all risk factors for stroke.

“In general, a diet rich in heart-healthy foods will help prevent stroke,” says Dr. Ermak.

“Getting exercise and maintaining a healthy weight (which is easier if you eat a healthy diet) will help, too.”





Mail-order pharmacy makes life a little easier

Want less errands and more time to do the things you love? Get more of your day back with Geisinger's Mail-Order Pharmacy. You'll make fewer trips to the pharmacy because your medications are delivered right to your front door from our facility in Elysburg, Pa. And you can set up automatic refills, so you never run out.

Save money with lower copays and free shipping. If your medication requires insulation, a cold pack, protective bubble wrap or any other special treatment, we'll take care of it at no extra cost.

Manage your prescriptions in your MyChart account, the same place you schedule appointments, message your doctor and view test results. Don't have a MyChart account? It's easy to set one up at [geisinger.org/mygeisinger](https://www.geisinger.org/mygeisinger).

Call 844-878-5562, option 7, between 6:30 a.m. and 7 p.m., Monday through Friday, to enroll in mail-order pharmacy in one step. Or go to [geisinger.org/pharmacy/mail-order-pharmacy](https://www.geisinger.org/pharmacy/mail-order-pharmacy) and fill out a short enrollment form to get started.

Fighting fraud is a team sport

Healthcare fraud not only leads to higher healthcare costs, but it can also limit your healthcare services. That's why we've established an anti-fraud program, designed to help detect and eliminate potential fraud

and abuse. Fraud can happen in many ways. For example, a doctor files a claim for a service you didn't receive or bills for equipment they didn't provide, or someone else uses your insurance card.

If you suspect fraud or abuse, contact us:

- Email: fa@geisinger.edu
- Phone: 800-292-1627 or the customer service number on the back of your insurance card
- Mail: Visit [geisingerhealthplan.com](https://www.geisingerhealthplan.com) and search for "fraud referral form." Print and complete the form, then send it to:

Geisinger Health Plan
Anti-Fraud Program
100 N. Academy Ave.
Danville, PA 17822-3220



You may report fraud anonymously. We keep all reports confidential.

Help us improve

Geisinger Health Plan holds D-SNP Enrollee Advisory Committee meetings for members to express their ideas and collaborate with community providers and staff about their healthcare experiences. The meetings are held at least once a year. There, you can learn about new initiatives and get the chance to give feedback on how GHP can improve your health services. This committee is only for Geisinger Gold Secure Rx (HMO D-SNP) plan members.

Meetings are held online using Microsoft Teams or you can call in with your phone. When you see we have an upcoming meeting, call 800-883-6355 to reserve your spot, and we'll email you the meeting information.

Join us in planning how to meet the needs of all Geisinger Gold Secure Rx members.



From head to toe, better health is easier with a PCP

A primary care provider (PCP) is your first line of defense against illness. Through regular checkups, your PCP helps you manage your health and catch potential health problems early, when they're easier to treat.

Why choose a PCP? They're your partner in navigating healthcare:

- They treat common medical conditions and provide preventive care.
- They keep you on track with health screenings.
- If you have a chronic illness, they can help you manage it.
- People who have a PCP generally have better health outcomes.

Besides your PCP, you'll have a care team of nurses and pharmacists devoted to keeping you healthy.

And the MyChart app lets you manage your care online by sending messages, scheduling appointments and refilling medications. 

To find a PCP near you, call the customer service number on your ID card or visit providers.geisinger.org.

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 Idemnity 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)。