

GEISINGER GOLD

Member Update

Fall 2021

Geisinger

You still have time to earn rewards

Your health is our top priority. In fact, we'll thank you with Walmart gift cards for getting wellness visit and health screenings in 2021. The first step? Have an annual wellness visit with your primary care provider or other member of your healthcare team. This will let us know that you'd like to join the rewards program. Completing the other screenings that apply to you will earn you more gift cards. There are no copays for these screenings.

Go to GeisingerGold.com/incentive or call 888-342-8751, Monday through Friday from 8 a.m. to 4 p.m., for more information on the rewards program.



Healthcare activity

Gift card amount

| | |
|--|------|
| Annual wellness visit | \$25 |
| Breast cancer screening (mammogram) | \$25 |
| Diabetic eye exam | \$20 |
| Diabetic A1C | \$20 |
| Diabetic nephropathy (urine) screening | \$10 |
| Osteoporosis | \$50 |

Colorectal cancer screening

| | |
|--------------------|------|
| Complete only one: | |
| FIT kit | \$10 |
| Cologuard | \$20 |
| Colonoscopy | \$50 |

It's time to think pink!

During National Breast Cancer Awareness Month, pink is everywhere. But even with all the breast cancer awareness promotion, You might wonder if you really need a mammogram. There are lots of good reasons behind the pink:



- Regular mammograms save lives! Regular screenings can lower your chance of dying from breast cancer by 30%. That's a pretty drastic benefit to your health.
- If breast cancer is detected early and hasn't spread, the survival rate is 98%.
- According to the American Cancer Society, all women should start having regular mammograms at age 40 and keep up with them every year.
- It's quick! The typical mammogram only takes about 20 minutes.
- Your loved ones will thank you. Keeping yourself healthy means you'll be there for family and friends who need you.

Be a good role model for good health and prevention. Schedule your mammogram today and encourage other to, as well. It's a small step that can have a big impact on your life.

Get ready for flu season

Preventing the flu is easy — just get your annual flu shot as soon as possible. Need a reason?

- You won't spread the flu to friends, family and coworkers.
- You'll lower your risk of complications (like pneumonia or sinus infections), as well as worsened chronic conditions (like diabetes or congestive heart failure).
- You'll stay out of the doctor's office, so sicker patients can get the care they need.
- You won't have to take sick days from work or school.

And it's easy to get your flu vaccine, too. Visit geisinger.org/flu to find out where and when.

Ready to quit smoking? We can help.

So you decided to quit smoking? Terrific! You'll see an improvement in your health right away and in the long run. The benefits to your body include:



- Lower blood pressure
- Better breathing
- Lower risk of developing cancer and heart disease

How can we help? By giving you the support and resources of a smoking cessation program.

- Log into the member portal and select "Wellness Online" from the "Health and Wellness" tab, choose "Education" and scroll down to find help with quitting tobacco use.
- Register for our "Freedom from Smoking" classes by visiting geisinger.org/events or try out our no-cost personal health coaching sessions. To join a class or talk to a health coach, call 866-415-7138 or email wellness@geisinger.edu.

Is your Gold plan right for you? We can help!

Do you have questions about your Geisinger Gold benefits? Want to hear about other plan options? There's a plan that fits your needs, and we can help you find it. Call our team at 855-631-2890 (TTY: 711) during the Annual Election Period, from Oct. 15 through Dec. 7. Someone will be available to help daily from 8 a.m. through 8 p.m. You need access to excellent care and essential services — lots of extras are a nice bonus. Explore your plan's benefits or hear about other options to fit your budget by calling today.



Fitness opportunities available with your plan

Get fit in the way that's best for your lifestyle through the Silver&Fit® Healthy Aging and Exercise Program, available with some Gold plans. You'll only pay \$25 per benefit year for a fitness center membership and \$10 per benefit year to pick up 2 Home Fitness Kits. What you can look forward to:

- 1,500+ Digital Workout Videos
- Daily workouts, Monday – Friday on Facebook Live and YouTube
- One Stay Fit Kit
- Home Fitness Kits
- Access to 15,000+ participating fitness centers
- Healthy Aging Coaching

Get started today by going to SilverAndFit.com. Questions? Call toll-free 877-427-4788 (TTY/TDD: 711), Monday through Friday, 5 a.m. to 6 p.m. Pacific time = 8 a.m. - 9 p.m. Eastern

The Silver&Fit® program is available with Classic 360, Preferred Enhanced and Preferred 360 plans. Fitness reimbursement is included with Classic Advantage, Classic Complete, Secure and Preferred Advantage with Health + and Preferred Complete Health+. If you're unsure of your fitness benefits, check your benefits online or call the customer service team at the number on the back of your insurance ID card to see what's included in your plan.

The Silver&Fit program is provided by American Specialty Health Fitness, Inc., a subsidiary of American Specialty Health Incorporated (ASH). All program and services are not available in all areas. Silver&Fit is a federally registered trademark of ASH and used with permission herein. Participating facilities and fitness chains may vary by location and are subject to change. Other names may be trademarks of their respective owners.



Protect your health information

Identity theft is on the rise at a rapid rate. ID theft can also lead to health insurance fraud. This type of theft not only costs millions of dollars but can impact your health care and services. That's why we've established an anti-fraud program, designed to help spot and get rid of potential fraud and abuse.

What can you do to prevent fraud and abuse? Guard your health insurance information, including your member ID number. Never give out your information and ignore robocalls asking for information in exchange for free services or gifts.

If you suspect fraud or abuse, contact us:

Email: FA@geisinger.edu

Phone: 800-292-1627, the GHP Compliance Hotline or call the customer service team number listed on the back of your insurance card.

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



Visit: Go.Geisinger.org/FraudAbuseForm

When you report fraud, you may remain anonymous. All reports are kept strictly confidential. Stay informed about current security alerts and scams by visiting Go.Geisinger.org/SecurityAlerts.

Bringing you the care you need in Muncy

Located at 255 Route 220 Highway in Muncy is the new three-story 120,000-square-foot Geisinger Medical Center Muncy, opening at the end of 2021. The facility includes 20 hospital beds and a helipad.

It also has a full emergency room, inpatient care, cardiology, general surgery, outpatient therapies, medical oncology and infusion services, as well as imaging, lab services and a pharmacy.



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Important Geisinger Gold information

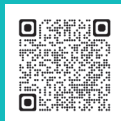
GHP ranked the best

For the second year in a row, Geisinger Health Plan (GHP) ranked best among commercial health plans in Pennsylvania for member satisfaction in J.D. Power's 2021 U.S. Commercial Member Health Plan Study.



Tools for good health

Get the tools to build a healthy lifestyle. Scan the QR code to log into your member portal, or go to geisinger.org/health-plan/sign-in to access your account. Select "Wellness Online" from the "Health and Wellness" menu to find tools to support your well-being goals. They include a wellness assessment, educational workshops, interactive tools, a personal health record and much more!



2022 dental network change

If your plan includes dental services through Avesis, beginning Jan. 1, 2022, routine dental services will be administered by SKYGEN. That means you'll need to see a SKYGEN provider. For more information, call us or visit Geisinger.ScionDental.com. Don't see your current dentist? Check back, as we'll continue adding dentists to the network. Our 2022 network is expected to be nearly identical to last year's. We'll contact you later in the year if your dentist is expected to be out of network for 2022 — we're happy to help you find a new dentist.

Geisinger Gold Medicare Advantage HMO, PPO, and HMO D-SNP plans are offered by Geisinger Health Plan/Geisinger Indemnity Insurance Company, health plans with a Medicare contract. Continued enrollment in Geisinger Gold depends on contract renewal. Geisinger Health Plan/Geisinger Indemnity Insurance Company are part of Geisinger, an integrated health care delivery and coverage organization. Y0032_21168_1_M Accepted 6/21/21 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. 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)。

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