

Geisinger
GoldMember
Update

Fruits and veggies, why oh why?

Delicious, nutritious and fun

Do you squirm seeing a green vegetable on your plate? Do you happily push your cart past the fruit aisle in the grocery store? Say no more! Read below for ten unique, yet honest, reasons to eat more fruits and veggies!

Convenience. Fruits and veggies are nutritious in any form so they're ready when you are!

Fiber. Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.

Low in calories. Fruits and veggies are naturally low in calories.

May reduce disease risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Vitamins and minerals. Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.

Variety. Fruits and veggies are available in an almost infinite variety; there's always something new to try!

Color and texture. Fruits and veggies add color and texture to your plate.

Quick, natural snack. Fruits and veggies are nature's treat and easy to grab for a snack.

Fun to eat. Some crunch, some squirt, some peel and some grow right in your own backyard.

Fruits and veggies are delicious, nutritious and fun. That sums it up!

Changes to your payment process

If you pay a monthly premium for your Gold coverage, payments should be sent to Geisinger Health Plan, P.O. Box 829703, Philadelphia, PA 19182.

Make sure to include the appropriate stubs with your payment.

If you have a bank-initiated payment or an auto payment set up, remember to update the address on those accounts as well.

Better safe than sorry

Getting a shingles vaccine is highly recommended for people over 50. This vaccine helps to reduce the risk of getting shingles as well as reducing its painful symptoms, if they occur.

Shingles vaccinations are covered for Geisinger Gold members who have our Part D coverage. This means the prescription cost and the cost for its administration are covered if you buy and receive the vaccination at a Gold Network pharmacy that offers vaccination services.

To purchase the vaccine at a network pharmacy and take it to your doctors for administration, you will need a prescription from your doctor to purchase the vaccine. You may need to pay out-of-pocket costs at your doctor's office like provider fees or co-pays.

If you have any questions regarding Geisinger Gold Part D benefits, please call our pharmacy department at 800-988-4861 or talk to your primary care provider today.



Make no "butts" about it

Have you heard? The new recommended age for colorectal cancer screenings is 45. That's five years sooner than it used to be, so be proactive with your colon health!

We believe in being proactive, too. We recently helped over 3,000 members receive their recommended screenings.

Of those members, 319 discovered they are at-risk for colon cancer, but now they can seek necessary treatment sooner than later.

Call your doctor today to schedule your colonoscopy.

Be

Proactive!





Stay with Geisinger Gold!

Are you a Geisinger Gold Secure Rx (HMO SNP) member? If so, there's a small change coming your way. No worries, though. We're not going anywhere, and neither are you!

Beginning Jan. 1, 2020, the Pennsylvania Department of Human Services (DHS) will no longer administer your Medical Assistance benefits. You'll receive information this summer directing you to choose a new company to administer your Medical Assistance benefits. Once you make that decision, you'll be set to continue as usual.

More importantly, this has no effect on your Medicare Advantage benefits. We will continue to provide you the Geisinger Gold benefits you know and love, as well as work with your new Medical Assistance administrator to coordinate coverage as needed.



A Matter of Balance

As we age, a common concern is around falling or restricting your activities due to the fear of falling. "A Matter of Balance" is designed to help you manage falls and increase activity levels.

Participants meet once a week for two hours with trained leaders for eight weeks to learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. This program is offered to the public at no cost. To register please call 866-415-7138.



Health programs for you

As a Geisinger Gold member, you're able to participate in an array of programs to improve your health.

Follow the steps below to see if you are eligible to participate, how to use the programs, how to opt in or opt out of the the programs and your rights and responsibilities when enrolled.

- Visit GeisingerHealthPlan.com/signin
- Sign into your member portal account
- Under the Health and Wellness tab, select Wellness Programs
- On the Health and Wellness programs page, and under the health and wellness care team section, select View Programs

To request hard copies of program information, call the Care Coordination and Integration Department at 800-883-6355.

The Gold Member Update is published quarterly. Comments are welcomed: goldmemberupdate@thehealthplan.com.

Y0032_19135_1_C Accepted 5/19/19

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 identify, 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, 您可以免費獲得語言援助服務。請致電 800-447-4000 (TTY : 711) 。

Geisinger Gold

100 N. Academy Ave.
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Formulary updates are available online

You can review formulary updates online at www.geisinger.org/health-plan/find/formulary-updates. The online formulary includes recent updates to covered drugs, quantity limits, tiering levels and pharmacy management procedures.

You may also view the entire formulary online at GeisingerGold.com or call to receive a printed version of the online formulary.

For cost savings and convenience with your medications, make sure to take advantage of CareSite, Geisinger's mail order pharmacy. Call today at 844-878-5562.

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