

Geisinger Member Update

Gold

FALL 2016

Don't let the flu get you

Every year more than 200,000 people are hospitalized from flu complications. One of the most important things you can do to protect yourself is to get the flu vaccine.

The flu virus is always changing. Each year, the new vaccine protects against the top viruses that are most likely to cause sickness. Remember, you can't get the flu from the flu shot. The viruses in flu shots are either dead or don't contain virus particles. Antibodies develop about two weeks after vaccination so you're protected quickly.

Everyone 6 months of age and older, with rare exceptions, should be vaccinated every year. You can get vaccinated at two easy locations: your primary care physician's office or a participating pharmacy. Visit TheHealthPlan.com to search for pharmacies in your area. There's no charge for the flu shot, just visit a doctor or pharmacy in our network.*

*Office visit copay may apply. The vaccine must be administered by a pharmacist and billed through the online pharmacy claims system. Not all pharmacies offer flu vaccines. There are state regulations, such as age, regarding who can receive a vaccine from a pharmacist.

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You can review your benefits, get information on doctors and hospitals, email the customer service team, and more. Visit GeisingerGold.com. Benefits and programs available to members may vary by plan. Please consult your Evidence of Coverage (EOC) and other benefit documents for details on your specific coverage.

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

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Medicare changes for Part D prescription drugs

Beginning Feb. 1, 2017, Medicare will no longer cover Part D drugs prescribed by healthcare providers who are not enrolled in Medicare or validly opted out of the Medicare program. This ensures that only providers approved by the Centers for Medicare and Medicaid (CMS) can prescribe Part D drugs, and it reduces fraud by screening out unlicensed or illegitimate providers. If your doctor is not an approved Part D prescriber:

- Your Part D plan will only cover up to one 3-month (90 days) provisional supply of your medication.
- You will receive a written notice explaining that your provider is not an approved Part D prescriber.
- After the provisional supply, your Part D plan will not cover additional prescriptions or refills for the same drug from that provider.

If your doctor opts-out of Medicare, your Part D drugs will be covered, but Medicare or your Medicare Advantage Plan will not pay for office visits or other services from that provider. If your healthcare provider is not an approved Part D prescriber, your plan will not cover your prescriptions. Ask your healthcare providers if they are enrolled in Medicare in an approved status or are validly opted-out. If your provider is not enrolled in or validly opted-out of Medicare, you will need to find a new doctor who is an approved Part D prescriber for your medication to be covered.

To discuss benefit, coverage or claims payment concerns, contact the Geisinger Gold customer service team at 800-498-9731. To report suspected fraud, call 877-7SAFERX (877-772-3379). You can also report suspected fraud directly to Geisinger Gold's Fraud, Waste, and Abuse Unit by emailing fa@thehealthplan.com or by calling the Compliance Hotline at 800-292-1627. Reports may be made anonymously.

CMS to require opioid pain medication review

Beginning Jan. 1, 2017, the Centers for Medicare and Medicaid (CMS) will require Geisinger Gold to review some high doses of opioid pain medication. These medications can become addictive and cause harmful side effects at high doses and will require prior authorizations by Geisinger Gold. To ensure our members are receiving the best care possible, we will be reviewing these prescriptions to ensure the doses are appropriate and safe. If you have any questions or concerns about your current medication, please contact your doctor. Our customer service team is also available at 800-988-4861 to answer questions about coverage of your opioid medications.



Formulary updates now available online

Members can review formulary updates online at TheHealthPlan.com/Formulary/FormularyUpdates. The online formulary includes recent updates to covered drugs, quantity limits, tiering levels, and pharmacy management procedures. Members may also view the entire formulary online at GeisingerGold.com or call to receive a printed version of the online formulary. Consult your Evidence of Coverage or call the pharmacy customer service team at 800-988-4861, Monday through Friday from 8 a.m. to 8 p.m., for any questions regarding drug benefits, including information on drugs covered under Medicare Part B.

Changes to GeisingerGold.com

We're updating our website to make it more user friendly and to align with our new brand. All of the pages before you log in as a member will have a fresh new look. To access specific plan information and take advantage of online tools, you'll need to log in as a member. Over the coming months, we'll continue to make improvements to resources and navigation for a better overall experience.

Coverage you can count on

More than 82,000 Medicare beneficiaries already trust Geisinger Gold for their Medicare Advantage coverage. We have a well-earned reputation for providing quality healthcare coverage at an affordable price. We're proud to offer plans with the benefits you need, and with our large network of doctors, hospitals, and pharmacies, you'll also have the flexibility you want.

Our easy-to-use plans are designed for the way you live, and we are committed to serving our members. We also offer programs and services to help you maintain a healthy lifestyle, as well as member resources you can access online for quick and easy reference.

At Geisinger Gold, we'll work to make sure you have the best member experience possible. If you have any questions about your plan or your benefits, call the customer service team at 800-498-9731, 7 days a week from 8 a.m. to 8 p.m. They'll be happy to help with anything you may need. Thank you for your membership in Geisinger Gold. We look forward to continuing to serve you!



Geisinger Gold

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Baked Acorn Squash

Celebrate a favorite autumn ingredient: acorn squash. Enjoy this sweet, nutty squash with this quick side dish. Look for acorn squash at the farmer's market or grocery store this fall.

Yield: 4 servings **Prep time:** 5 minutes **Cook time:** 60 minutes

Ingredients:

- 2 whole acorn squash
- 2 teaspoons maple syrup
- 1 teaspoon butter
- Cinnamon, sprinkle to taste

Directions:

Preheat oven to 400 degrees. Cut each squash in half with a sharp knife. **CAUTION:** The skin can be tough, so be careful not to cut yourself. Scrape out seeds and string membranes with a spoon. Place on a baking sheet, cut sides down. Bake for 30 minutes. Remove from oven. Melt butter. In a small bowl, combine melted butter, maple syrup and cinnamon. Flip squash so that the cut side is now facing up. **CAUTION:** squash will be hot. Brush mixture all over the inside the squash. Bake for another 20-30 minutes until the squash is tender when pierced with a fork. Serve one half per person. Source: adapted from www.foodnetwork.com

