

Geisinger
Gold

Member Update



Discover
your plan's
perks

Geisinger Gold offers many no-cost and discounted benefits

No-cost preventive services

- Annual physical exam
- Vaccines including pneumonia, the flu shot and more
- Health screenings for diabetes, colon cancer, mammograms, blood pressure and HIV

Local discounts

- Fitness center memberships
- Eyeglasses and contact lenses
- Amusement parks, event tickets and recreational activities

Health management programs

Classes, information and support for:

- Asthma, diabetes and heart failure
- Chronic Obstructive Pulmonary Disease (COPD)
- Stop smoking and weight management

Prescriptions by mail*

With CareSite, our Rx by mail pharmacy, you get:

Delivery	Medications mailed to your doorstep
Peace of mind	90-day supplies of medications (rather than 30-day supplies)
Lower costs	A 90-day mail order prescription will cost less than the same prescription at a retail pharmacy

Want to learn more? Call us at 800-498-9731.

* Benefit does not include all medications. Savings will vary based on your specific coverage. If you are enrolled in PACE or PACENET, receive Extra Help (LIS) from Medicare, or are enrolled in Geisinger Gold Secure Rx (HMO SNP), your costs may be different. Copay discounts only apply in your initial coverage phase. Your initial coverage phase may end more quickly depending on your use of high-cost medications.

If you have Hepatitis C, let us help

Geisinger Health Plan currently has two Centers of Excellence (COE) that specialize in treating Hepatitis C: Geisinger Wyoming Valley and Geisinger Medical Center's gastroenterology/hepatology departments.

The purpose of the COE is to provide high quality care by using specialists who are quality driven as seen through their excellent cure rates following treatment, high medication adherence rates and exceptional patient satisfaction scores.

Members are strongly encouraged to visit a COE. Questions may be directed to the pharmacy customer service team at 800-988-4861.

Medicare Part D members, this is for you!

There have been some changes regarding prior authorizations and opioids. A prior authorization means your doctor must check with us first before prescribing opioids. The new guidelines are listed below as follows:

- You will require prior authorization if it's been 120 days or more since you've last taken opioids and your new prescription exceeds seven days of medication.
- You will require prior authorization or a pharmacist override at point of sale if you're receiving opioids and benzodiazepines from two or more providers.
- You will require prior authorization or a pharmacist override at point of sale if you're receiving multiple long-acting opioids from two or more providers.
- You may be restricted to specific regimens, providers and/or pharmacies if you show patterns of overusing opioids and benzodiazepines.

Earn \$25 for staying healthy

We're rooting for you — and your health! Here's what you should do:

Complete your health assessment

Visit [GeisingerHealthPlan.com/wellness](https://www.GeisingerHealthPlan.com/wellness) to sign in or create an account. Click "Get Started" to begin or call to request a paper copy.

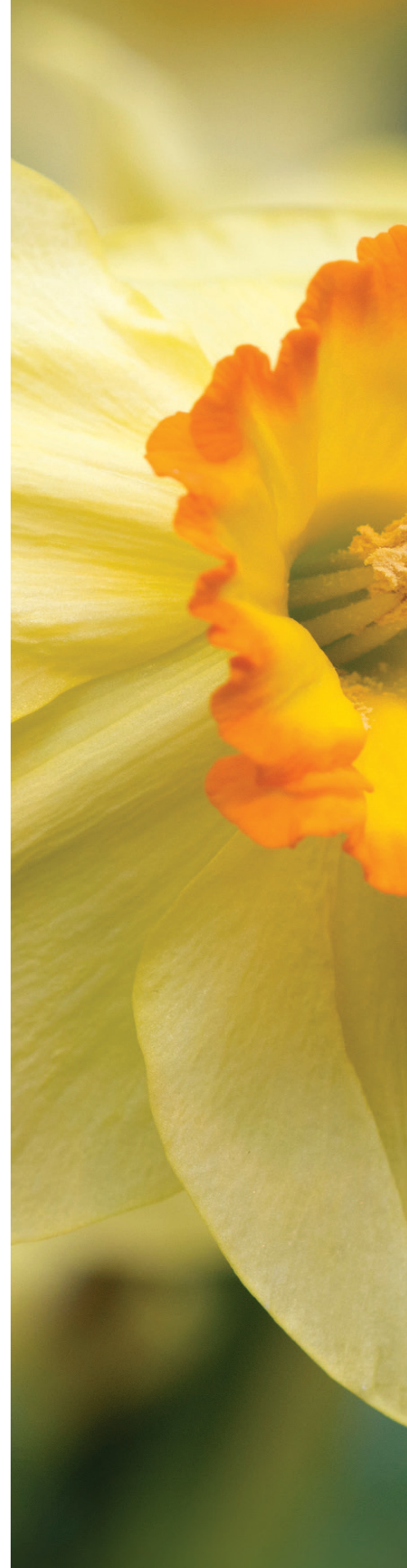
Attend your annual well visit

Visit your doctor for a qualified annual well visit. Make sure they sign the form you recently received in the mail.

Mail your form by December 31, 2019

You must mail your signed and completed form before the end of the year. When your assessment is complete, and your form is received, you will have earned the \$25 Walmart gift card. Expect six to eight weeks for processing and delivery.

Have questions? Call 866-415-7138, Monday through Friday, 8 a.m. – 5 p.m.



Learn more about living healthy with prediabetes

Do you have prediabetes or are you at risk for developing diabetes? If so, we welcome you to join our year-long interactive group, the National Diabetes Prevention Program.

At no cost to you, participants 18 years or older meet approximately every week for the first six months to learn how to make healthy lifestyle choices. During the second six months, monthly group sessions then encourage you to stay on track with your new lifestyle choices. Caregivers, friends and family are welcome to attend.

To register, call our health and wellness department at 866-415-7138.

Get control over colorectal cancer

We get it, colonoscopies are not a favorite topic of conversation, but with March being Colorectal Cancer Awareness Month, we're talking about it!

If you are 50 or older, or at an increased risk for colorectal cancer, call your doctor today.

To make an appointment with a provider near you, visit [Geisinger.org/patient-care](https://www.geisinger.org/patient-care).

Don't say "yes" — it could be a scam

Local residents are receiving calls to purchase medical braces for backs, legs, necks, etc. If you answer "yes" when the caller asks if they reached the correct person, you could become the proud owner of a new back brace you didn't want or need.

Save yourself money and headaches:

- Don't answer "Yes"
- Do not provide any insurance information
- Do not provide your name, Social Security Number, date of birth or any other personal information



These scams are not specific to Durable Medical Equipment companies. To report this scam, contact the Federal Communications Commission (FCC) by visiting [FCC.gov](https://www.fcc.gov). To report other cases of fraud, waste or abuse, contact our special investigations unit at 800-292-1627.

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

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



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 any questions concerning your drug benefits, consult your Evidence of Coverage or call the pharmacy customer service team at 800-988-4861, Monday - Friday, 8 a.m. - 8 p.m.

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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