



Discover  
your plan's  
perks

## Geisinger Health Plan offers many no-cost and discounted benefits

### No-cost preventive services

- Well-baby/well-child visits
- Vaccines including tetanus, hepatitis, polio, chickenpox and the flu shot
- Health screenings based on age and needs

### 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:

<i>Delivery</i>	Medications mailed to your doorstep
<i>Peace of mind</i>	90-day supplies of medications (rather than 30-day supplies)
<i>Lower costs</i>	Depending on your benefits, a 90-day mail order prescription could cost less than filling three, 30-day prescriptions at a retail pharmacy

**Want to learn more? Call the customer service number on the back of your member ID card.**

*\* This benefit does not include all medications. Benefits and costs will vary depending on your specific coverage or if you're enrolled in a cost assistance program.*

## New opioid rules to keep you safe

To help keep people safe from opioid addiction and opioid abuse, Pennsylvania has created new rules for opioid prescriptions.

Your doctor now has to check with us first before prescribing opioids (this is called prior authorization).

The chart below details the new rules for prior authorization. If you have active cancer, sickle cell crisis or you're receiving palliative care or hospice, the new rules do not apply to you.

### Who needs prior authorization in 2019?

#### Long-acting opioids

*(typically taken 1-2 times a day)*

**Everyone**

#### Short-acting opioids

*(typically taken several times a day)*

**As of Jan. 1, 2019:**

**All adults** who need to take them for longer than **5 days**.

**All children** who need to take them for longer than **3 days**.

#### High-dose opioids

*(doctors use morphine milligram equivalent, MME, to measure opioid strength)*

**As of July 1, 2019:**

**Everyone** who needs opioids at **50 MME or higher**.

## 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.

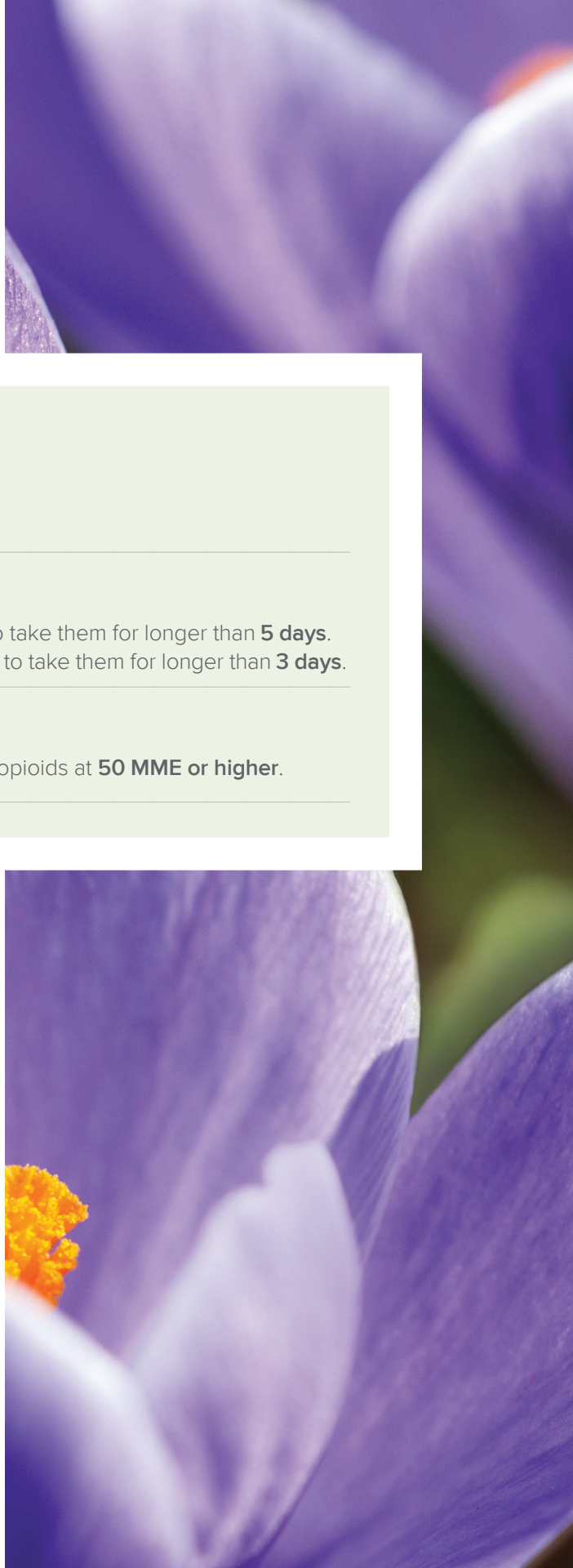
The purpose of the COE is to provide high quality care by using specialists who are quality driven as seen through their excellent cure rates following treatment and exceptional patient satisfaction scores.

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

## Protect your children from lead poisoning

Schedule your children for professional lead screenings with your family doctor—especially for children under the age of two.

You can also schedule professional screenings by calling customer service using the number on the back of your member ID card.



## 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](http://FCC.gov). To report other cases of fraud, waste or abuse, contact our special investigations unit at 800-292-1627.

## Save money with generic drugs

Geisinger Health Plan members can no longer receive brand name drugs when a generic is available. Generics provide the same quality of care, but at a lower cost to you.

If you need the brand name drug, though, you can still get it by obtaining a prior authorization from your doctor.

Marketplace members are not included in this change. Ongoing therapy will not be disrupted, and narrow therapeutic agents, like Coumadin® and Synthroid®, will remain available.

## 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](http://Geisinger.org/patient-care).

Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company comply with applicable Federal civil rights laws and do 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)。

Geisinger Health Plan may refer collectively to Geisinger Health Plan, Geisinger Quality Options, Inc., and Geisinger Indemnity Insurance Company, unless otherwise noted.



## Formulary updates are available online

Recent updates to the formulary (list of drugs covered under your pharmacy benefit) are available online at [GeisingerHealthPlan.com](http://GeisingerHealthPlan.com). The online formulary drug search includes updates to covered drugs, quantity limits, tiering levels and pharmacy management procedures. Updates may affect prior authorization.

You may also call customer service to receive a printed version of the formulary list.

For questions regarding drug benefits, call the pharmacy service team at 800-988-4861, 8 a.m. to 5 p.m., Monday through Friday. 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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Health Plan