

GEISINGER HEALTH PLAN

Member Update

Quarter 3, 2026

Geisinger 65 Forward expanding to include 55+

Now, more people can benefit from a different kind of primary care — one designed to support your health, independence and well-being. Geisinger 65 Forward is expanding eligibility to members age 55 and older.

Care designed around you

At 65 Forward, you're supported by a dedicated care team, including a primary care doctor who takes the time to get to know you and your goals. Care goes beyond routine appointments, bringing together medical services, wellness support and social connection in one welcoming place.

Our centers are more than clinics. They blend healthcare with fitness, nutrition guidance and social and educational activities to help you stay active, engaged and feeling your best.

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What you'll find

As a member, you'll have access to:

- Same-day appointments and 24/7 support for non-emergency health questions
- Convenient, one-stop care, including labs, imaging and wellness resources
- Social and wellness activities, like fitness classes, fall prevention education and crafts
- A personalized wellness plan aligned with your health benefits and personal goals

Who's eligible?

Geisinger 65 Forward is available to adults who are 55 and older and enrolled in Geisinger Commercial, Geisinger Gold or D-SNP plans.

By opening our doors earlier, 65 Forward helps members build healthy habits, stay connected and take a more proactive approach to care — because great health support shouldn't have to wait.



Your health, your way: Start today

With Geisinger's digital wellness platform, you're in control of your health journey. It starts with a quick, interactive wellness assessment that takes just a few minutes and gives you a clear picture of your overall well-being.

Think of it as a helpful starting point. It highlights what you're already doing well and points out opportunities where small changes can lead to meaningful improvements. Based on your results, the platform recommends articles, tips and educational resources tailored specifically to you — so you get information that's relevant, not overwhelming.

Beyond insights, you'll also get a variety of easy-to-use trackers and habit-building tools designed to help you stay motivated and recognize your progress along the way. Whether you're working on stress, sleep, nutrition, movement or overall balance, support is there at every step.

How to start using the wellness platform:

1. Visit the member portal at [geisingerhealthplan.com](https://www.geisingerhealthplan.com).
2. Select "Sign In."
3. Choose the "For members" option (first-time users will need to create an account).

Once you've signed into the portal:

- a. Select the "Health and Wellness" tab.
- b. Click "Wellness Online" to get started.

Questions?

We're here to help. Email wellness@geisinger.edu or call **866-415-7138**.



Extra support when you need it most

When you have a chronic condition or a sudden health concern, managing your health can feel complicated. With personalized, compassionate support from our care management team, your health journey can be clearer and easier.

Here's what to expect when partnering with us:



Personalized care tailored to unique health needs and goals



Support after emergency room visits to clarify care plans and connect with the right providers



Ongoing guidance and education for managing chronic conditions like asthma, diabetes and hypertension



Care coordination to keep your experience seamless between primary care, specialists and pharmacy services



Benefit and resource navigation to maximize health plan value and get support for social needs



Digital tools & health coaching to build healthy habits and stay engaged in care



Guidance on care settings to confidently choose between primary care, urgent care, telehealth or the emergency room, based on symptoms and needs

Get started today by calling **800-883-6355** or emailing **ghp_cc_referrals@geisinger.edu**.

Supporting connection: Resources to address social isolation

As a caregiver, you play a vital role in supporting your loved one's physical health — and more. Emotional and social well-being matter, too. Feelings of loneliness or disconnection can take a real toll, contributing to stress, depression and even physical health challenges. That's why addressing social isolation is essential to caring for the whole person.

Because social health and physical health are closely connected, we're committed to helping

Geisinger Health Plan members feel supported, connected and valued. One way we do that: offering tools and resources designed to strengthen social connections, starting with our **Social Isolation Toolkit**. Scan the



QR code to explore helpful information and practical ideas for staying connected.

Another resource is **Neighborly**, a platform that connects patients and caregivers to local services that support social connection and

other everyday needs. Through Neighborly, you can find free or low-cost resources including community centers, food assistance programs and transportation support. Visit neighborlypa.com to learn how to get started.

Together, we can make sure everyone feels supported, connected and cared for.





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M.C. 40-20
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Danville, PA 17822

Manage your health in the member portal

For tools to make your healthcare easier,
sign in or create a member portal account
at **go.geisinger.org/membernews**.

Some of the things you can do:

- Find a provider
- See your claims and benefits
- Update your communication preferences



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).

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