

GEISINGER GOLD SECURE Rx (HMO D-SNP)

# Member Update

Quarter 3, 2026



## Vaccines for adults: What do you need?

Vaccinations aren't just for kids. Staying up to date with recommended vaccines can protect adults from serious illness — especially as you age. Many adult vaccines are easy to get at your doctor's office or local pharmacy.

COVID-19 and flu vaccines are recommended every year. The CDC advises most people ages 12 and older to consider the updated COVID vaccine, with the number of doses based on prior vaccination and health status. Seasonal flu vaccines are recommended for everyone 6 months and older and are available from late summer through early spring. Adults over 65 may qualify for specific flu vaccines, so it's a good idea to ask your provider.

Some childhood vaccines require boosters in adulthood. A tetanus and diphtheria booster (Td or Tdap) is needed every 10 years. If you're unsure whether you received the measles, mumps and rubella (MMR) vaccine — and you're under 65 — your provider may recommend getting it again.

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Newer vaccines can also help protect against other illnesses:

- **Shingles:** Recommended for everyone age 50 and older
- **Pneumonia:** For adults 65+ or those with certain health conditions
- **Hepatitis B:** Recommended for adults under 60 and others with risk factors
- **Meningitis:** May be needed for people who are immunocompromised
- **RSV:** Available for some adults age 60 and older

Because vaccine guidelines can vary based on age, health conditions and risk factors, talk with your care team before getting vaccinated. They can help make sure you get the right protection for your needs.



# 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.

## 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.

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## 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](https://neighborlypa.com) to learn how to get started.

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



## Don't let glaucoma steal your sight

Did you know that half of all people with glaucoma don't even realize they have it? Glaucoma often develops slowly and without noticeable symptoms, which is why it's sometimes called the "silent thief of sight." Left untreated, it can damage the optic nerve and lead to permanent vision loss.

The good news? A simple, painless glaucoma screening can help detect it early, before it affects your vision. Better yet, as a Gold member, you can get the screening at no cost.

### Are you at high risk?

Medicare covers a glaucoma screening once every 12 months if you fall into at least one of these high-risk groups:

- You have diabetes
- You have a family history of glaucoma
- You're African American and 50 or older
- You're Hispanic and 65 or older

If any of these apply to you, screening is an important step toward protecting your long-term eye health.

### Why early detection matters

Glaucoma can't be reversed, but early treatment can slow or prevent further damage. That's why regular screenings are essential — especially if you're at higher risk.

Talk with your doctor about whether a glaucoma screening is right for you. Staying proactive now can help preserve your vision for years to come.



# 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/goldnews](https://go.geisinger.org/goldnews).

Some of the things you can do:

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

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Geisinger Health Plan, Geisinger Indemnity Insurance Company, and Geisinger Quality Options, Inc. are part of Geisinger, an integrated health care delivery and coverage organization. Riant Health is the parent organization of Geisinger.



# Say yes to support

Help with everyday needs is closer than you think.

Things like safe housing, healthy food and reliable transportation may not seem like healthcare, but they play an important role in your overall well-being. At Geisinger, we take a “whole health” approach, supporting both your medical care and the everyday needs that help you feel your best.

If you need help with transportation, utility costs or access to food, you’re not alone — and support is available. The Social Needs Resource Hub is a caring virtual support team created to connect you with helpful resources in your community.

## Here’s how it works:

- During a visit or conversation, let your care team know you could use some extra support.
- A friendly hub team member calls you in 2 to 3 business days so they can listen and understand what matters most to you.
- They connect you to trusted local organizations using the Neighborly platform (available at [neighborlypa.com](https://neighborlypa.com)).
- They coordinate support for needs like food, transportation and utilities.



There’s no pressure — just a supportive phone call focused on what you need.

The Social Needs Resource Hub can make everyday life a little easier, so you can focus on what matters most to you. Because good health starts with feeling supported.

If you have social needs, let your Geisinger Health Plan care team know — and say yes to a call from the Social Needs Resource Hub. We’re here to help.



## Your voice matters

Thanks to everyone who joined our last Geisinger Gold Secure Rx (HMO D-SNP) Enrollee Advisory Committee Engagement Committee meeting — we appreciate your feedback and participation!

Interested in participating? Keep an eye out for future meetings. We’d love to have your input.



## Care focused on you

At Geisinger, an interdisciplinary team supports your care — a group of health professionals who work together to support your well-being. This team may include your primary care provider, care coordinator, pharmacist, social worker and other specialists who share information and collaborate to keep your care safe, connected and centered on you.

Having a team means you receive:



**Better communication** – Informed, aligned providers keep everyone on the same page.



**Personalized care** – Your health needs, goals and preferences guide every decision.



**Fewer gaps** – Teamwork helps prevent missed appointments, medication issues or care delays.



**Support beyond the doctor's office** – Your team can connect you to resources for food, housing and transportation.

But your role matters most on the team. Your case manager will offer to meet with you and your primary care provider to review your health risk assessment and talk through next steps.

## Connecting with your primary care provider

Seeing your primary care provider in person is one of the most important things you can do for your health.

If you have both Medicare and Medicaid, these visits are especially important. They help keep all parts of your care — medical services, prescriptions and extra benefits — working together smoothly.

A simple visit can help you:

- Catch health concerns early
- Keep your medications safe and up to date
- Get connected to helpful resources like transportation or food support
- Stay on track with preventive care

Your health is personal — and seeing your provider in person makes sure your care is, too.

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