

A photograph showing a healthcare professional with long dark hair and glasses, wearing a white lab coat, administering a vaccine to an elderly woman with short grey hair. The woman is smiling and looking towards the camera. The background is a blurred pharmacy or clinic setting with shelves of products.

GEISINGER GOLD

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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65 Forward



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.



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. Some of the things you can do:

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

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