

Date
Member
Address
Address
City, State, and Zip

Earn rewards for staying healthy!

Dear <Name>:

You can earn rewards for completing healthy activities in 2025.

Choose from any of the following activities to earn rewards:

Physical health screenings:	Reward amount
Breast cancer screening (mammogram)	\$25
Diabetic eye exam	\$20
Diabetic A1c	\$20
Diabetic urine and blood work for kidney function	\$20
D-SNP health risk assessment (D-SNP plan members only)	\$25
Osteoporosis (only women who've had a fracture within the last 6 months)	\$85
Colorectal cancer screening (complete only one):	
FIT Kit	\$10
Cologuard	\$20
Flexible sigmoidoscopy	\$25
Colonoscopy	\$50
Healthy activities:	
Bladder health	\$10
Fall risk	\$10
Physical activity	\$10
Flu education	\$10

New for 2025

Be rewarded for learning about the following topics:

- Bladder health
- Fall risk
- Physical activity
- Flu education

Have questions?

Keep track of your rewards, learn more about your health and find exclusive programs for Geisinger Gold members at no cost to you! Sign in or sign up on our website: go.geisinger.org/goldonline

You can also call 888-342-8751 (TTY: 711), Monday through Friday from 8 a.m. to 4 p.m.

A representative will be happy to help you.

Rewards will be provided in the form of a Walmart Healthy Living gift card.

There are no copays or costs to you for participating. Once you complete any of these activities, you've earned rewards and don't need to do anything more. It takes about 12 weeks to process and send gift cards.

Sincerely,

Geisinger Gold

Frequently asked questions

Q: What items are restricted from purchasing with my Walmart Healthy Living gift card?

A: Gift cards* may not be redeemed for cash value, regardless of dollar amount, and cannot be used to purchase alcohol, tobacco, firearms or ammunition, optical, prescriptions, candy, items at register aisles, electronics, toys, seasonal items or jewelry.

Q: When will I receive my gift card?

A: The rewards program is based on claims we receive from your provider. It can take up to 12 weeks to process your claim, prepare your reward and mail your card to you.

Q: If I earn multiple gift cards/amounts, will I be paid the total amount all at once?

A: We mail gift cards once a month. All activities completed within a month will be included on one card. To view and track your incentive progress, visit go.geisinger.org/goldonline.

Q: Do screenings have to be preventive to receive a gift card?

A: Yes, to receive a gift card, a physician needs to order a preventive screening.

Q: How do I choose the right colorectal cancer screening option for me?

A: Ask your doctor what they recommend from these options:

FIT Kit – Screens for blood in the stool. Noninvasive annual test that you complete at home.

Cologuard – Stool testing kit that screens for blood and altered DNA. Noninvasive and can be completed in your home. Needs to be completed every 3 years.

Colonoscopy – Evaluates/detects changes and abnormalities in the large intestine and rectum. Invasive screening completed by a surgeon. Needs to be completed every 10 years or more often if abnormal.

Flexible sigmoidoscopy – Your doctor may choose a sigmoidoscopy instead of a colonoscopy. This screening assesses the lower part of the colon (large intestine) using a thin, flexible tube called a sigmoidoscope. This is an invasive screening completed by a surgeon, which needs to be done every 5 years or more often if abnormal.

Q: Do I need to have diabetes to receive a gift card for the diabetes-related services?

A: Yes.

Health and Wellness or prevention information. 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.

*Gift cards may not be redeemed for cash value, regardless of dollar amount, and cannot be used to purchase alcohol, tobacco, firearms or ammunition, optical, prescriptions, candy, items at register aisles, electronics, toys, seasonal items or jewelry. Geisinger Health Plan is not responsible for lost or stolen cards.

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)