

# PA

ISSUE 30 | Fall 2026 | Free

# HEALTH

YOUR GUIDE TO FITNESS & WELL-BEING

## On the move again

Planning his next  
adventure after  
a remarkable  
recovery

+

HELPING KIDS PRACTICE MINDFULNESS

THE MEDICARE QUESTION: STAY OR  
SWITCH?

KEEPING STUDENT ATHLETES IN TOP  
FORM WITH TOP CARE

Find us online:  
[geisinger.org/magazine](https://geisinger.org/magazine)



# WELCOME

## On the cover:

Howard Lacey went from long-distance cycling to organ failure — and back again.

Photo by Elizabeth Gorbey.



## CONTENTS

- 4 / When an active Pottsville man went into **cardiac and kidney failure**, Geisinger's specialists worked together to restore his lifestyle.
- 6 / Asking your provider about **changes that come with age** isn't easy, but it could keep you in your best health.
- 7 / **Better focus** in class. Dialing down strong emotions. Mindfulness techniques are handy tools for every kid.
- 8 / In exchange for a debt-free medical education, **Abigail Geisinger Scholars** are now returning to Geisinger as practicing physicians.
- 10 / Residents in the northeast region of Geisinger's footprint enjoy expanding clinical services and a college **invested in the future of healthcare**.
- 14 / **Stay or switch?** Answering this question ahead of the Medicare Annual Enrollment Period will prepare you for next year's coverage.
- 15 / High schools, colleges and even minor league teams trust Geisinger's sports medicine providers to **keep their athletes strong**.

## We're your hub for health and wellness — for life.

Have tips sent to your inbox: [geisinger.org/getbalance](https://geisinger.org/getbalance)

Or join our club for those 55+: [geisinger.org/silvercircle](https://geisinger.org/silvercircle)



# Better Together

We've been part of the region for more than 100 years — celebrating with you at parades, fairs and sports events and supporting events and programs that lift up our communities. Here's the latest on how we're connecting with you and your neighbors.

**Supporting first responders** • To encourage community safety and emergency preparedness, Geisinger Jersey Shore Hospital donated automated external defibrillators (AEDs) to several local EMS and law enforcement partners including the Lycoming Community Police, Jersey Shore Area EMS and Lock Haven Police Department.



**Walking for a cause** • Dozens of Geisinger employees showed real heart as they braved gloomy weather to participate in this year's Northeast PA Heart Walk at PNC Field in Moosic. This annual event organized by The American Heart Association raises funds for care, research and awareness of heart disease.

**Celebrating a new chapter in life support** • A July ribbon-cutting marked Geisinger's acquisition of Central Juniata Emergency Medical Services (CJEMS). The ceremony honored the many people who helped establish and grow CJEMS over the years and the 10 CJEMS EMTs joining Geisinger EMS – West Region.



**Summer safety** • Over 400 community members splashed into free swimming events in Danville and Sunbury. These safe summer activities weren't just for fun — they also promoted physical activity. Geisinger departments, including sports medicine and dermatology, were on hand to educate people and hand out giveaways.

**Chief Marketing & Communications Officer**  
HERNANDO RUIZ-JIMENEZ

**Contributing Writers**  
KIMBERLY ADLER-MORELLI  
BETH KASZUBA

**Managing Editor**  
JESSICA MARTIN

**Creative Manager**  
JESSICA HINE

**Photography**  
MARK DASTRUP  
ROBB MALLOY  
ELIZABETH GORBEY  
DAVID MILLER

**Designer**  
LEENA HASHIM-WARIS



Want *PA Health* to come to you? It's free! Subscribe online at [geisinger.org/magazine](https://geisinger.org/magazine) or scan the QR code.

**Geisinger**



# A ride to recovery

**A sudden heart event left Howard Lacey in total organ failure. What followed was a race against time and a path back to the life he refused to lose.**

At 72, Howard Lacey wasn't slowing down. The Pottsville resident filled his days cycling long distances, leading ministry work, caring for family and planning his next adventure with his wife, Deanna Lacey. Just a year earlier, he'd completed a 100-mile cycling tour. "I don't like to act my age," he says.

So when he found he could only get through 10 minutes of his usual hour of cardio, he knew something was off.

Trusting his instincts, he headed to the emergency room, where testing led doctors to believe it was a routine heart rhythm issue that could be corrected with a simple procedure. But while he waited for an echocardiogram, his condition quickly grew worse. Within minutes, a team of specialists filled his room.

"They said, 'We don't have time. We have to shock him now,'" Ms. Lacey recalls.

The doctors and nurses moved quickly to stabilize his heart. The diagnosis: an undiagnosed atrial flutter had pushed Mr. Lacey's heart into failure.

He went into cardiogenic shock — a life-threatening condition that caused his organs to begin shutting down. In those first critical hours, the focus was simple: Keep him alive.

## A life in motion, paused

At Geisinger Medical Center, teams across specialties came together. Cardiology worked to stabilize Mr. Lacey's heart while nephrology closely monitored his kidney function. Despite these efforts, his kidneys began to fail.

Given how critically ill he was, his care team started continuous renal replacement therapy — a form of dialysis used for patients whose bodies are too unstable for standard treatment. As he began to recover, he transitioned to traditional hemodialysis several times a week.

For someone used to constant movement, having to spend hours in a clinic was difficult.

That's why the doctors didn't want to just sustain Mr. Lacey. They wanted to help him get back to living his way.

## Turning toward recovery

Maria Camila Bermudez, MD, a nephrologist who leads Geisinger's home dialysis education program, introduced another option: peritoneal dialysis (PD), a form of dialysis done at home.

"It gives him flexibility to live his life without having to give up on his work or vacations," Dr. Bermudez says.

For Mr. Lacey that flexibility meant everything.

The timing mattered. A recent Medicare change made him eligible for PD. The team coordinated quickly with surgeons to place a PD catheter before he left the hospital, avoiding a typical weeks-long delay. Soon after, he and his wife were trained to manage dialysis at home.

"It gave him the best chance for his kidneys to heal," Ms. Lacey says.

Dr. Bermudez saw that impact early on. "He started home therapy and did amazing," she says.

## Back to living life, on his terms

The results exceeded expectations.

Just a few months after leaving the hospital, Mr. Lacey's kidneys recovered, and he no longer needed dialysis — an outcome even his care team found remarkable. Today, his heart condition is stable, and he continues to follow up regularly with his care teams.

He's back at the gym, working to rebuild his stamina, and looking ahead to what matters most: spending time with family and planning new adventures.

The couple is already preparing for a multi-week trip through Europe. "We're not done exploring," Mr. Lacey says.

The past year changed more than his health. It changed how the couple shows up for each other and others.

"I have tremendously more empathy from this experience," Ms. Lacey says. "Overall, I'm a better friend now moving forward from this."

She also encourages others to plan ahead before a medical crisis happens — and to consider the tough healthcare decisions.



Watch Howard Lacey's story:  
▶ [geisinger.org/howardlacey](https://geisinger.org/howardlacey)

"When your loved one has a durable power of attorney, it's an act of love," she says. "If my worst fears had happened, I wouldn't be the one making that end-of-life difficult decision — I would have just been confirming his wishes."

From emergency intervention to coordinated specialty care and innovative treatment options, Mr. Lacey's journey reflects Geisinger's commitment to treating the whole person — not just the condition.

For him, it came down to being prepared and having a team he could trust.

"In a situation like that," Mr. Lacey says, "the right care and the right decisions make all the difference."

# Let's talk: Changes that come with age

## 1 I've noticed some urine leaking. Is this something that just happens with age, or should I be concerned?

Changes in bladder control are common as we age, and they can have many causes. In some cases it may be temporary, like a urinary tract infection. Medications, like diuretics, can contribute to urine leakage. Women may have stress incontinence due to hormonal changes, while men may need evaluation for prostate concerns.

Even if it's embarrassing, mention urinary leakage to your doctor. We can help you build daily habits — like a consistent bathroom schedule and fully emptying your bladder — to improve control over time. Or we might recommend pelvic floor exercises or medications.

**Why ask?** Understanding the cause is the first step to finding the right treatment — and relief.

## 2 I've had a few minor falls recently. Should I be worried?

Feeling unsteady is worth discussing. Vision changes, nerve damage, muscle loss or vitamin deficiencies can all lead to falls, as can certain medications.

At home, simple changes like improving lighting and removing tripping hazards can lower your risk. And exercise! Staying as active as you can is the best way to maintain your strength and balance. Using a cane or a walker could give you extra stability, too.

Discussing balance issues could keep you from breaking a hip. Your doctor can help you stay on your feet.

**Why ask?** With the right measures, you can reduce your risk for this leading cause of injury in older adults.

Growing older leads to changes that might be uncomfortable to ask about — but they're worth discussing. Geisinger geriatrician and primary care doctor Ricky Heath, MD, addresses some concerns here to help you raise them with your own provider. Keep in mind they may answer differently, depending on your situation.

“I can't stress enough the importance of bringing up these subjects to your primary care physician. If you're noticing changes with aging that concern you, speak up. There are ways we can help.”

– Ricky Heath, MD

Geriatrician  
and Primary  
Care Physician  
at Geisinger  
65 Forward  
Pottsville



# The power of being present



Mindfulness is about being in the moment, keenly aware of details, like the objects in a room and the smell of the air. The goal is to observe everything, including our feelings, without judgment.

When we stop and focus on our present circumstances with a neutral eye, the benefits can be powerful — not just for adults, but kids, too, says Geisinger pediatric psychologist Timothy Lionetti, PhD.

Practicing mindfulness can reduce stress, improve focus and help regulate emotions, making it an especially good tool for children, who need to learn impulse control as they grow.

“The ability to stop and think before they act can be transferred to school and playground activities,” says Dr. Lionetti. “But you have to teach and practice these skills. If you don’t, kids can’t apply them when they’re needed.”

He notes that many schools have adopted programs to promote mindfulness. Parents can support these efforts at home or help their children independently by including mindfulness activities in the family’s daily routine.

“Teach, practice and reinforce,” says Dr. Lionetti, who suggests making mindfulness part of kids’ bedtime routines. “Have them shut down the phone an hour or 2 before bed, brush their teeth and incorporate a breathing exercise or grounding technique.”

Dr. Lionetti says “starfish breathing” is a good way to introduce mindfulness to kids. Try it with the kids in your life to help them reap the benefits of this simple, but effective practice.

## Starfish breathing

- 1 Spread out 1 hand like a starfish.
- 2 Using the other hand, slowly trace all your fingers, breathing in as you go up and out as you go down.
- 3 Repeat until you feel calm and focused.





# Back — for the future.



As Abigail Geisinger scholars return, they're putting their skills to work as practicing physicians.

When Scranton community leaders saw a looming shortage of primary care doctors to serve the region, they did something bold and visionary. They created a medical school to train homegrown physicians.

As a locally founded health system with a focus on keeping families healthy, Geisinger was a perfect fit for the new school's mission, and the 2 joined forces in 2017.

The very next year, Geisinger went a step further, launching the Abigail Geisinger Scholars program, which offers Geisinger School of Medicine students a debt-free education and living support if they commit to practicing primary care in the health system after residency. Scholars can specialize in family medicine, internal medicine, medicine/pediatrics or pediatrics.

Now, less than a decade since its development, the program has reached a major milestone — expanding from an inaugural class of just 10 students to admitting 45 per year.

"We are proud of the program, its growth and impact," says Julie Byerley, MD, MPH, president of Geisinger College of Health Sciences. "Since the program's launch through today, 275 students have enrolled, and 107 graduates in residency are set to return to Geisinger between fall 2025 and 2030."

## Doctors who share a vision

Graduating without debt is an undeniable program perk. But the initiative also tends to attract a certain kind of student — one who sees the value of family-centered care that results in long-term relationships with patients.

For Steven Picozzo, MD '22, having the chance to study in and serve his home region was a huge program draw. He's the first Abigail Geisinger Scholar to return to the system after residency to practice family medicine, at Geisinger Tunkhannock, and he remains grateful for the opportunity.

"I have family in northeastern Pennsylvania, and I wanted to stay within a reasonable distance of them," he says. "Initially, I wasn't sure if that was going to be possible. There was a great deal of peace of mind knowing I wasn't going to have to separate from the people I love."

Another returning scholar, John Pacheco, MD '22, was raised in New England and appreciates that Geisinger took a chance on an "outsider" who knew from the start that family medicine was his calling.

"Family medicine is what I was meant to do," says Dr. Pacheco, who's practicing in Bloomsburg.

"I will always be grateful for the training and financial opportunity this has provided."

Of course, he's not the only one benefiting. Dr. Pacheco notes that his patients are also "very grateful for the care we provide."

## Next gen care

The first returning scholars are just the start. A trickle will soon become a flood as even more new doctors come back to the region, armed with an outstanding Geisinger School of Medicine education and their personal convictions about the importance of whole-patient care and advocacy.

For scholar Mariia Gurevich, now a third-year medical student with an interest in family medicine, the program is a perfect fit for her background, lifestyle and goals.

An immigrant from Ukraine, Ms. Gurevich now lives in Mount Pocono with her husband and 2 children. She's not only an Abigail Geisinger Scholar. She's also taking advantage of a companion program that allows her to get into the clinic and graduate early.

It's all "perfect for someone who wants to stay local and help the community," she says. "You get early clinical exposure and build relationships with everyone — from physicians to pharmacists to front desk staff."

## An added financial benefit

Dr. Byerley also emphasizes a third, often overlooked program benefit: economic development.

"Our investment is close to \$13.3 million annually — but the true impact goes far beyond that. Local students get to stay in the communities they love, and students from across the country are drawn to Geisinger's unique approach to research and clinical care," she says.

For students like Ms. Gurevich, the program's benefits are more personal, but still community focused.

"If you're confident in your specialty and want to serve your community, this program is a game-changer," she says.

*At left: Steven Picozzo, MD (dark blue shirt), a Geisinger primary care physician, with Geisinger School of Medicine students.*

By Beth Kaszuba

There's no place quite like NEPA. The region's history of coal mining still influences a powerful work ethic. Community is everything. And cultural traditions endure, reflected in festivals, language and food.

Geisinger, created just outside this special spot, has worked to respect northeastern Pennsylvania's unique aspects while becoming a trusted health partner in Scranton, Wilkes-Barre, Hazleton, across the Poconos and within the area's patchwork of rural townships and small communities.

The counties' diversity, with 2 urban centers and vast rural areas, presents opportunities and challenges. Hospitals in the cities put great care close to home for many, but Geisinger also takes seriously its responsibility to serve everyone. That means making sure clinics, outreach and the latest technology for telehealth and information-sharing are up to date and widely available.

The area's population is aging, and some health issues, such as diabetes and certain cancers, are persistent. Physician and nursing shortages are problems Geisinger and local leaders are working to address. And we have a special mission to provide sensitive, accessible care for pockets of non-English speakers.

Caring for a place as special as NEPA requires careful consideration, thoughtful use of resources and people who look ahead to address looming problems before they grow. Fortunately, Geisinger is here for the long haul and committed to listening and collaborating with everyone who calls this place home.

# Care tailored to a unique place





## School's in session here

Geisinger embraces NEPA's homegrown, can-do spirit regarding education. The region is home base for Geisinger College of Health Sciences, which includes Geisinger School of Medicine — created by local leaders and folded into the system to strengthen its curriculum and reputation.

The Medical Sciences Building is a gorgeous showpiece in downtown Scranton, but what takes place inside is most important. The curriculum is heavily focused on training primary care doctors who will stay and practice locally to address a physician shortage, just as the school's founders intended.

Recently, the school reached a milestone — **1,000 alumni**, including graduates of the Abigail Geisinger Scholars program who commit to returning to practice here in exchange for financial support.

## We deliver.

Six years after opening a Childbirth Center at Geisinger Community Medical Center — which addressed a serious care gap — Geisinger recently completed the **first phase of a significant expansion** project. The improvements include more beds and a continuing care nursery for babies who need extra support, but not NICU-level care.

Next up: A **Level II NICU** that will seamlessly integrate with the Level III NICU at Geisinger Wyoming Valley.



*Continued  
on next  
page*

Continued from  
previous page

## Two cities, two top-notch hospitals

Those outside the region might conflate Scranton and Wilkes-Barre. But the cities are independent, different — and each deserving of a great hospital that meets local needs.

In the early 1980s, Geisinger joined with other Luzerne County hospitals to form a more efficient, stronger healthcare hub: Geisinger Wyoming Valley Medical Center in Wilkes-Barre. Recently, the hospital earned **5 stars on Forbes' ranking of U.S. general acute care hospitals** — and a **\$900 million investment will nearly double its size and improve its services.**

“Our people are invested in northeastern Pennsylvania, and it's their constant willingness to prioritize patient care above all else that drives quality.”

Alison Brodgerski, DO, Associate Chief Medical Officer and Associate Chief Quality Officer, Geisinger Wyoming Valley

The merger of Geisinger and Scranton's Community Medical Center in 2012, creating Geisinger Community Medical Center, brought a new investment in neurosciences, cardiovascular care and other specialties to the city and surrounding communities.

The hospital **has been recognized by Healthgrades® as 1 of America's 250 Best Hospitals™** for

overall care, ranking it among the top 5% of hospitals nationally in hospital-wide performance. Geisinger Community Medical Center also received **Clinical Excellence Awards in 4 specialties:** heart failure, stroke, pulmonary care and critical care.

In recent years, Geisinger has invested nearly **\$50 million in Lackawanna County**, expanding emergency care, diagnostic capabilities and patient transport.



The Geisinger South Wilkes-Barre campus is growing this year, with 36 new beds and a planned Geisinger Pharmacy. The upgrade follows a 2025 emergency room expansion.



# Powerful cancer treatment, tender care

In 1992, a transformative gift allowed the Frank M. and Dorothea Henry Cancer Center at Geisinger Wyoming Valley to start providing comprehensive care to NEPA patients. And it's still going strong.

Geisinger has built upon that initial investment with an \$80 million expansion in 2021 and a 2023 update of the facility's comprehensive breast center — again undertaken with strong donor support. Updates include a larger, more comfortable infusion center, more space for oncology services and an 18-bed inpatient unit for treatment of complex blood cancers like leukemia and lymphoma. Another 2025 **expansion in Dickson City** makes cancer care even easier to reach.



## Top spot for clean starts

Boasting outstanding inpatient and outpatient care, Geisinger Marworth Treatment Center in Waverly is **ranked by Newsweek as the #1 addiction treatment center in Pennsylvania.**

More than 40,000 people have chosen Marworth for help with substance use disorders.

## *Because of you*

Thanks to a generous gift, the Richard and Marion Pearsall Heart Hospital in Wilkes-Barre is the **region's only dedicated heart hospital**, which drives Geisinger Wyoming Valley's certification as a Joint Commission Comprehensive Heart Attack Center. Warm someone's heart: [geisinger.org/becauseofyou](https://www.geisinger.org/becauseofyou)

# Do you need a new Medicare Advantage plan this year?

## Staying with what works

If you're satisfied with your Medicare Advantage plan and any upcoming changes for the new year, staying put may be the right choice.

How do you know your plan "fits" you? It should support not only your medical needs, but also your overall experience — making it easy to access care, manage prescriptions and feel supported.



## Questions to guide your decision

Whether you're considering a switch or leaning toward keeping your plan, evaluate how well your coverage is working. Linda Rowe, Medicare field sales manager for Geisinger Health Plan, says you should ask yourself, "Does my plan meet my needs where I

am in my healthcare journey?" You may not be aware of some of the benefits you already have, so speaking with member services or your insurance agent to review them is a good tactic.

Consider:

- **Is your plan the best value?** \$0 premium plans aren't always the best value. Consider copays, deductibles and out-of-pocket costs.
- **Can you see the doctors and use the hospitals you prefer?** Make sure your providers are still in-network.
- **Are you satisfied with your experience?** This includes customer service, claims processing and how easy it is to get help.
- **Does it meet your prescription needs?** Confirm your medications are covered and your pharmacy is convenient.
- **Is it relatively easy to manage your prescriptions?** Think about refill options, mail-order services and prior authorizations.
- **Does your plan include added benefits you use?** Dental, vision and hearing services can play an important role.

If you answered "yes" to most of these, your plan may still be a strong fit. But if not, it might be worth exploring alternatives.

Each fall, the Medicare Annual Enrollment Period (AEP) sparks a question for many: Should I stick with the Medicare Advantage plan I have or switch?

You don't have to make a change if your plan still meets your needs. But taking time to review your coverage can help you get the most value for your health and your budget.



## Shopping around

Comparing options doesn't mean you have to switch — it just helps you understand what's available.

Here are some ways to explore:

- Speak with a licensed Medicare agent for guidance.
- Contact health insurers directly to learn about other plans.

Reviewing several options could uncover a plan that better aligns with your health needs or financial goals.

## What to know about changing plans

Thinking about switching? Consider how it may affect your ongoing care.

While Medicare Advantage plans are designed to provide consistent coverage, even if your needs change, check continuity of care, prior authorizations and provider networks. A licensed professional can help you evaluate these before making a change.

## A thoughtful approach to your coverage

Choosing a Medicare Advantage plan isn't just about checking boxes — it's about finding coverage that supports your health, lifestyle and peace of mind.

That might mean staying with a plan that works or exploring new ones.

This AEP, review your options so you can enter the new year confident in your care.



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

Y0032\_26168\_2\_C

By Kimberly Adler-Morelli

# Keeping local athletes in the game

From Friday night lights to collegiate competition, athletics are part of the fabric of Pennsylvania communities. Behind every successful team is a strong support system — and for more than 30 schools and organizations in the region, that support comes from Geisinger.

As the official sports medicine provider for many local high schools, colleges and minor league teams, Geisinger takes a comprehensive approach to keep athletes healthy, performing at their best and ready for game day.

## A true partner in athletic health

Geisinger's sports medicine program is the largest in the region, bringing together certified athletic trainers, orthopaedic specialists, surgeons and affiliated physicians to support athletes of all ages and skill levels. But what truly sets the program apart is its presence — not just in clinics, but on the sidelines, in training rooms and throughout the entire athletic season.

"Our goal is to work very collaboratively with the athlete, athletic trainer and coaching staff," says Justin Tunis, MD, Geisinger sports medicine physician and head team physician for The University of Scranton and the Scranton/Wilkes-Barre RailRiders. "The shared goal is healthy athletes. When you build that trust and maintain those relationships, athletes feel cared for and know their health is the top priority."

## Immediate care, seamless access

For athletes, quick, expert treatment can make all the difference. Embedded athletic trainers serve as the first line of care, with physicians and specialists joining in when needed.

"Having a physician available weekly is a huge plus," says Michael Sweitzer Jr., head athletic trainer at The University of Scranton. "It gives us another set of eyes on injuries and allows for advanced care right away. Working as a team means athletes get the fastest, most appropriate care possible."

From on-site ultrasounds at games to expedited referrals for imaging, injections or surgery, Geisinger streamlines every step of the process.

## Comprehensive care for every athlete

For schools, Geisinger's sports medicine services span the full spectrum — from injury prevention to minimally invasive procedures and rehabilitation. Athletes have treatment options such as physical therapy, platelet-rich plasma injections and ultrasound-guided injections, as well as surgical expertise when needed.

No matter the injury, the focus remains the same: helping athletes return safely, perform confidently and protect their long-term health.

## Prevention as a priority

Treating injuries is critical — but so is preventing them. Geisinger works

closely with coaches and athletic trainers to identify patterns, implement targeted training programs and prepare athletes for the demands of their sport.

"Prevention is one of the pillars of sports medicine," Dr. Tunis says. "The more prepared athletes are going into a season, the lower their risk of injury."

## Building trust across communities

Geisinger's impact goes beyond the field or court. By partnering with schools and teams — from local high schools to minor-league teams like the Wilkes-Barre/Scranton Penguins and the RailRiders — the health system strengthens communities.

Coaches, administrators and families all benefit from the reassurance that athletes are supported by a trusted, experienced care team. And for student-athletes, that support can shape not only their performance, but their long-term health and well-being.

"The most important part of Geisinger's role is the team emphasis," says Mr. Sweitzer. "From athletic trainers to physicians, everyone is working together with one goal: making sure athletes get the care they need, when they need it."

Learn more: [geisinger.org/sportsmedicine](https://www.geisinger.org/sportsmedicine)



# Geisinger

M.C. 40-20  
100 N. Academy Ave.  
Danville, PA 17822

ADDRESS SERVICE REQUESTED

## Lucky find?

If you picked up this copy of *PA Health* in a hospital or clinic, why not subscribe? Have health and wellness delivered free to your mailbox or inbox.

[geisinger.org/magazine](https://geisinger.org/magazine)

# Geisinger

## The gold standard in Medicare Advantage

Built on a legacy of clinical excellence and innovation, Geisinger Gold brings you Medicare Advantage plans you can trust. Plus, people right here in your community design and service Geisinger Gold plans — and they want you to have an outstanding experience.

Want to learn more about Geisinger Gold benefits?  
Call **866-326-6451** or visit [geisingergold.com](https://geisingergold.com).

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

Y0032\_25154\_2\_C



Diane O., Mountain Top  
Geisinger Gold Licensed Representative