

GEISINGER GOLD

Member Update

Quarter 3 2023



Prep for a healthy lunch

Finding time for a healthy lunch can be tricky. But a filling lunch packed with protein and fiber not only prevents an afternoon crash, it'll keep you full and give you energy until dinnertime. Skipping lunch, on the other hand, drops your blood sugar and can lead to overeating later in the day.

Meal prepping saves time during your busy work week. By assembling healthy lunches for the week, you'll lessen the lure of fast food or missing lunch altogether. It also helps if you're following a specific diet or sticking to a budget.

Certain foods lend themselves to easy lunch prep. Salads are a good example: Make enough for the week and separate into smaller containers with dressing on the side. Another well-balanced, nutritious choice is a Japanese-inspired bento box, or a lunch box divided into sections.



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Examples for a bento box include:

- Starch – rice or noodles
- Protein – meat, fish or eggs
- Vegetables – cooked or raw carrots, snow peas or pickled veggies
- Fruit – some grapes, cherries or apple slices

Need a versatile, healthy recipe to get you on your way? Try this salmon salad mix served over lettuce or in a wrap or pita.

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Salmon salad mix

Yield: 2 cups
Prep time: 10 minutes

- Ingredients
- 1 can salmon (14.75 oz, drained)
 - 1 cup dill or sweet pickle relish (or chopped pickles)
 - 1 cup plain nonfat yogurt
 - 2 tablespoons light mayonnaise
 - 2 tablespoons lemon juice (about 1/2 lemon)

- Steps
1. Remove skin and large bones from salmon.
In a medium bowl, break up salmon with a fork.
 2. Add relish, yogurt, mayonnaise and lemon juice.
 3. Mix until well combined.
 4. Chill before serving.



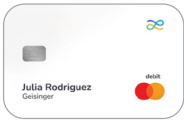
Geisinger Care Card

Need help paying for out-of-pocket healthcare services? Pay over time on your terms with Geisinger Care Card. Any Geisinger patient can get the card and is automatically approved.

Pay for your copay or deductible with your card. The Care Card will pay Geisinger the full amount of your bill. Then what you owe to the Care Card is split into affordable monthly payments, based on the terms you select during activation. The self-service portal makes it easy to manage your card.

You pay only what you owe — there’s never any interest or added fees. Signing up for the card won’t affect your credit score.

Get started by going to geisinger.payzen.com, and breathe a little easier.



Welcoming wellness

Our newly improved well-being resource center is your online source for health and medical information, making it easier to manage your health in one convenient place.

You’ll find:

- A symptom checker
- Healthy recipes
- Podcasts on mental health and wellness
- Well-being resource center videos – everything from quick 10-minute workouts to breathing exercises
- Health articles on a variety of topics
- A personal health record you can access and update as needed



Tools to change behaviors:

- **Daily habits** – Use this online accountability tool to accomplish your goals at your own pace by breaking them down into achievable steps.
- **Health trackers** – Sync your favorite fitness device to your well-being portal with our device and app connection center.
- **Programs** – Join challenges, request a health coach or sign up for a class — and do it all right online
- **Wellness assessment** – Get a snapshot of your current health by answering questions. You’ll get a report of your health status and suggestions to improve it.

Getting started is easy:

- Go to geisingerhealthplan.com and choose “select account,” then “health plan members” to log in (registration is required).
- Select the “health and wellness” tab and click “wellness online.”

Questions? We’re here to help. Call us at 866-379-4489.



Don’t lose your benefits!

To keep all your benefits from Geisinger Gold Secure Rx (HMO D-SNP), you must stay eligible for Medical Assistance. You’ll get a renewal packet in the mail (the month before it’s due) when it’s time to renew your Medical Assistance. Complete and return the forms by mail or in person at your local county assistance office, or complete your renewal online on the COMPASS website, compass.state.pa.us. You can also renew by phone at 866-550-4355.

Be sure to submit your renewal, even if nothing has changed. Make sure your address and phone number are up to date. The Department of Human Services (DHS) will determine if you’re still eligible. If you are, your coverage under Geisinger Gold Secure Rx will continue uninterrupted. If you do lose your Medical Assistance eligibility, don’t worry. You can stay with Secure Rx for up to six months, and we can help you choose another Geisinger Gold plan that’s right for you. Call 800-498-9731 (TTY: 711) daily between 8 a.m. and 8 p.m. (Oct. 15 – Dec. 7) or weekdays between 8 a.m. and 8 p.m. (all other dates) for assistance.



Open the door to managing your health

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



U.S. News & World Report names Geisinger Gold one of the best in state

Every year, Medicare evaluates plans based on a 5-Star rating system. Geisinger Gold HMO and PPO products received 4.5 Stars from CMS for the 2023 rating.



Geisinger Gold continues to provide healthcare coverage beyond the standard Medicare benefits. Gold plan members can also join a Geisinger 65 Forward Health Center. The centers offer:

- Same-day doctor’s appointments
- Longer visits and 1:1 time with your doctor
- Social and educational activities
- A personal wellness plan with state-of-the-art fitness equipment, balance classes and wellness coordinators
- Mental health resources, including therapists and online tools

Participation in programs like 65 Forward reduces older adults’ hospital admissions by 15% and emergency room visits by 40%. Find out more about 65 Forward at geisinger.org/patient-care/65-forward.



Need help paying for healthcare?

If you need assistance paying for your premiums, copays and deductibles or prescription medications, there are programs that can offer support.

PACE/PACENET helps with prescription drug costs. Visit pacecares.magellanhealth.com or call 800-225-7223.

Medicare Extra Help can assist with a portion of your Part D premium and prescription drug costs. Call 800-772-1213 or visit ssa.gov/benefits/medicare/prescriptionhelp.html.

Medical Assistance helps with premiums, cost-sharing and prescription drug costs. Contact your local county assistance office by visiting dhs.pa.gov/services/assistance/pages/cao-contact.aspx.

Out-of-network/non-contracted providers are under no obligation to treat Plan members, except in emergency situations. Call our customer service number or see your Evidence of Coverage for more information, including the cost-sharing that applies to out-of-network services.

Geisinger Gold Medicare Advantage HMO, PPO, and HMO D-SNP plans are offered by Geisinger Health Plan/Geisinger Indemnity Insurance Company, health plans with a Medicare contract. Continued enrollment in Geisinger Gold depends on contract renewal. Geisinger Health Plan/Geisinger Indemnity Insurance Company are part of Geisinger, an integrated health care delivery and coverage organization. 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.

Geisinger Health Plan/Geisinger Indemnity Insurance Company are part of Geisinger, an integrated health care delivery and coverage organization. Other Providers are available in our network.

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 800-447-4000 (TTY: 711)。

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