

# Member Update

Quarter 4, 2025



## Limiting your child's screen time

Cell phones, tablets, computers and televisions — screens are everywhere. And the best-quality content for kids is not only entertaining, but educational. However, too much screen time and exposure to low-quality content can lead to issues like obesity, sleep problems, behavioral issues and delays in language and social skills development.

For young children, unstructured playtime is more valuable than screen time, and connections with family and other children and adults are key to learning.

The American Academy of Pediatrics recommends:

- No media use for children under 18 months
- High-quality content for children age 18 to 24 months, but only when accompanied by an adult
- Maximum of 1 hour a day of high-quality programming for children between 2 and 5 years old

As your child grows, tailor screen time rules to fit their needs, focusing on the quality of content, not just the amount of time spent watching it.

## Geisinger HEALTH PLAN

### Screening their screen time

Take charge by previewing content, seeking interactive options and using parental controls. Engaging with children during screen time to discuss the content is essential. For older kids, establish clear rules and limits, including encouraging unplugged play, creating tech-free zones and monitoring screen use, especially before bedtime.

Eventually, your child may see content you haven't approved. So encourage them to think critically about it. Discuss appropriate behavior and the risks of sharing personal information. Monitoring online behavior and setting a good example are crucial for guiding children in their media use. By developing and revisiting household rules, you can keep your kids' experience with screens safe and balanced as they grow.



# You're covered everywhere

Because your good health matters wherever you are, Geisinger Health Plan (GHP) has affiliated with Cigna Healthcare® PPO Network<sup>1</sup> to offer expanded access to care. Eligible GHP members can now receive in-network benefits from Cigna Healthcare-participating providers when outside the GHP network coverage area.

## Prior authorization

Many covered services such as planned inpatient admissions and designated procedures and services require prior authorization. This is the process where covered services are reviewed for medical necessity, eligibility and benefit availability.

Your provider is responsible for submitting a request for prior authorization. If you use the Cigna Healthcare PPO Network as your primary network, your provider will submit the request to Cigna Healthcare, who will conduct the medical necessity review. If you visit a GHP network provider, GHP will conduct the process. The determination will be communicated to you and to your provider(s) by Cigna or GHP.

## Need to find a Cigna provider?

Visit [go.geisinger.org/cigna-provider-search](https://go.geisinger.org/cigna-provider-search) or reach out to our Customer Care Team at **800-447-4000**.

<sup>1</sup>Cigna Healthcare is an independent company and not affiliated with Geisinger Health Plan. Access to the Cigna Healthcare PPO Network is available through the contractual relationship between Geisinger Health Plan and Cigna Healthcare. All Cigna Healthcare products are provided exclusively by or through operating subsidiaries of The Cigna Group, including Cigna Health and Life Insurance Company. The Cigna Healthcare name, logo, and other marks are owned by Cigna Intellectual Property, Inc. The Cigna Healthcare PPO Network refers to the health care providers (doctors, hospitals, specialists) contracted as part of the Cigna Healthcare PPO for Shared Administration.

## Breathe easy this flu season: Get a flu shot

Getting a yearly flu vaccine is a simple, effective way to protect yourself and others. It reduces your risk of serious illness, hospitalization and complications. Vaccination also slows the spread of flu in your community, easing the burden on healthcare systems. Stay healthy and protect others by getting vaccinated.

- You can make an appointment by logging into MyGeisinger/MyChart.
- Call **866-915-2313** to schedule an appointment.
- Walk into any Geisinger doctor's office, ConvenientCare (age 9 or older) or pharmacy.

Find a nearby location to get your flu shot at [geisinger.org/ghpflu](https://geisinger.org/ghpflu).





# Keep your kids covered with CHIP

Need to find insurance coverage for your kids?  
Not to worry: CHIP, brought to you by GHP Kids, has your back.

You can rest easy knowing that CHIP is there to protect them, from the smallest scrapes to the biggest surgeries. And preventive care will make sure they stay happy and healthy throughout their childhood.

The best part? The cost is tailored to your family's size and income, making it affordable for everyone. Your children may qualify for CHIP if they're:

- Under the age of 19
- Live in Pennsylvania
- A U.S. citizen, U.S. national or qualified alien
- Uninsured and not eligible or covered by Medical Assistance

Get started on your journey to peace of mind by heading to [ghpkids.com](https://ghpkids.com). It's easy, it's affordable and it's the best way to make sure your kids are always covered, no matter what they get into!



Keep this article on hand! Cut here.



## Where to go when you need care

With Geisinger Health Plan (GHP), you have options for care. When your primary care doctor isn't available, knowing the right place to go for medical attention can protect your personal and financial well-being.

### Urgent care

Visit an urgent or convenient care clinic when you need care quickly, but your injury or illness isn't life-threatening. Out-of-pocket costs at these facilities are often significantly lower than at the emergency room, and no appointment is necessary.

Visit an urgent or convenient care facility for things like:

- Accidents/falls
- Sprains/strains
- Fever/flu
- Minor broken bones
- Vomiting/diarrhea
- Skin rashes/infections
- Eye irritation
- Controlled bleeding or cuts that need stitches

### Emergency room

Call 911 or go to the nearest ER for treatment of life-threatening issues. With GHP, whether you're home or traveling, emergency room services are covered worldwide.

Visit the closest ER for things like:

- Compound fractures (bone is visible)
- Chest pain or trouble breathing
- Serious head, neck or back injuries
- Poisoning
- Sudden/severe pain
- Uncontrolled bleeding
- Seizures/fainting
- Signs of heart attack/stroke
- Moderate to severe burns

# Take a mindful moment with us!

Join Geisinger's Health & Wellness team for 5 to 10 minutes of mindfulness every Monday at 12:15 p.m. These sessions let you take a break from your busy everyday life and focus on yourself for a few moments. Consistent mindfulness practice helps you appreciate the satisfying moments of your day and keeps you in tune with your self-care needs.



Visit [go.geisinger.org/mindfulmondays](https://go.geisinger.org/mindfulmondays) to join.

To learn more about Mindful Mondays and other wellness initiatives, visit [go.geisinger.org/wellnesscalendar](https://go.geisinger.org/wellnesscalendar) or scan the QR code. While you're there, sign up for a monthly emailed wellness newsletter featuring healthy tips, articles and recipes.



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)。 1953763 sdp 9/25