

Beware of potential phone scam

The Department of Health and Human Services, Federal Trade Commission (FTC) and GHP Family are warning members of a potential phone scam. The callers are posing as federal government employees trying to get personal information. Here's how to tell if the phone call is a scam:

- The federal government will typically contact you by mail first, not by phone or email
- Federal agencies will not demand personal information like your social security number or bank account number over the phone
- Federal agencies will not ask you to send money by using wire transfers, a prepaid debit card or by sending you a fake check to cash

If you receive a phone call from someone posing as a federal employee, hang up immediately. Do not give out any personal or financial information. You can alert the Department of Health and Human Services at 800-HHS-TIPS (800-447-8477) or via email at spoofoig.hhs.gov. If you'd like to file a complaint with the FTC, go to ftc.gov/complaint or call 877-FTC-HELP. To learn more about government imposter scams, visit www.consumer.ftc.gov.

Geisinger Health Plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex gender, gender identity or expression, or sexual orientation.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you.

**Call: 800-447-4000
(PA RELAY: 711).**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-447-4000 (PA RELAY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-447-4000 (PA RELAY: 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 (PA RELAY : 711)。



WIC offers additional new foods

Yogurt and whole grain pasta have been added to the Pennsylvania WIC Food List beginning Oct. 1, 2016. These items provide WIC participants with an increased variety of healthy food options that provide key nutrients to promote growth and good health.

Yogurt provides an excellent source of protein, calcium and potassium, as well as probiotics which may improve your immune system and prevent disease. Yogurt is consumed by a wide variety of cultures and also may be better tolerated than fluid milk for people with lactose intolerance. WIC participants may purchase a variety of plain or flavored yogurt in 32-ounce containers as listed on the Pennsylvania WIC Food List. Greek yogurt, organic yogurt and yogurts with mix-in ingredients, such as granola, are not allowed. WIC participants can make their own tasty breakfast or snack with yogurt by mixing it with fruit or cereal or using it to replace mayonnaise in dips, dressings and other recipes.

Whole grain pastas provide nutrients such as fiber, B vitamins and magnesium. Eating a variety of whole grains may help prevent heart disease and constipation and may also help to maintain a healthy weight. WIC participants can use their vouchers to purchase a variety of whole grain breads, tortillas, pastas and cereals.

Here are some suggestions for enjoying whole grain pasta:

- Try different brands and types to see what you like.
- Use whole grain pastas in salads and soups.
- Top whole grain pastas with your favorite sauce.
- Mix whole grain pasta with white pasta to get used to the taste.



A full copy of the Pennsylvania WIC Food List is available at www.pawic.com under the WIC Program tab. Call 800-WIC-WINS to apply for WIC or get started online at PAWIC.com. PA WIC is funded by the USDA. This institution is an equal opportunity provider.

Formulary updates now available online

Members can review the formulary online at GHPFamily.com. The online formulary includes the most recent list of covered drugs, and details on quantity limits, tiers and pharmacy management procedures. When medications are not listed on a formulary, GHP Family will not pay for them unless an exception is granted. Some drugs may require prior authorization. Members may contact GHP Family Member Services with benefit questions or to request a printed formulary by calling 855-227-1302 (PA Relay 711), from 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday or Wednesday from 8 a.m. to 8 p.m.

*GHP Family Member Update is published four times annually. Comments are welcome. Please write:
Editor, GHP Family Member Update 100 N. Academy Ave. Danville, PA 17822-3240
email: memberupdate@thehealthplan.com*

News from the Department of Human Services (DHS)

Drugs, alcohol and teen dating abuse

Teens may feel peer pressure to drink alcohol or try drugs. Some teens take alcohol or drugs to cope with emotional pain. Emotional pain may be caused by one or more traumatic events. Data¹ says that boys who report dating abuse are more likely to use marijuana or be antisocial.

Girls who report dating abuse are more likely to:

- Smoke
- Have suicidal thoughts
- Be depressed
- Binge drink

Teens also may be coerced into using drugs or alcohol by an abusive partner to:

- Control them through drug or alcohol addiction
- Make them do things they would not normally agree to
- Keep them from reporting the abuse

A teen may feel afraid to report abuse if they were high or drunk. This may be because the teen is afraid of getting into trouble. They may feel ashamed or at fault. They may be afraid the person who did it will plan revenge. A local domestic abuse advocate can talk about ways to stay safer if more abuse is a risk.

No one deserves to be abused. It does not matter if they use drugs or alcohol. It does not matter what they say or do. It does not matter if they change their mind about what they agree to do. Drugs and alcohol do not make a person abuse their partner. Blaming abuse on drugs or alcohol is an excuse. There are people who can help teens who have been abused even if they were drunk or high at the time.

To find the domestic abuse program nearest you, visit <http://www.pcadv.org> and click on Find Help or use the Find Help map on the home page. To reach the National Dating Abuse hotline, call 866-331-9474 or text loveis to 22522. Or visit the websites: <http://www.loveisrespect.org/> or <http://www.thatnotcool.com/>

Reference

¹.Exner-Cortens, Deiner, John Eckenrode, and Emily Rothman. "Longitudinal Associations Between Teen Dating Violence and Adverse Health Outcomes." *Pediatrics*. Abstract. Jan. 2013.
<http://pediatrics.aappublications.org/content/early/2012/12/05/peds.2012-1029>



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Online member service center getting new look

In the next few weeks, visit our website, GHPFamily.com, to explore the newly updated secure member service center. It will include the same great features you rely on with a fresh new look.

Now it will be easier than ever to find information on the mobile-friendly site. Registered members will be able to:

- Search for a doctor, hospital or pharmacy
- Search for prescription drugs covered under your plan
- Find information about your plan, including covered services and how to submit a claim
- Send secure messages to Member Services online

Registration is easy and no cost to you. Just visit GHPFamily.com and create a username and password to view these great features. Can't access the internet? GHP Family Member Services representatives can also assist over the phone. Call 855-227-1302 (PA Relay 711) from 8 a.m. to 5 p.m., Monday, Tuesday, Thursday and Friday or Wednesday from 8 a.m. to 8 p.m.

