



Geisinger
GHP Kids

Member Update

WINTER 2017

New program offers help for asthma patients

Does your child suffer from asthma? GHP Kids has a new program designed to help pediatric patients and their families understand asthma. This program can also help you better treat your child's asthma.

GHP Kids has staff designated to helping you access the services and programs available to asthma patients. They can help with transportation to doctor visits, home visits to figure out asthma triggers, and better access to medications. They can also help you learn more about asthma and help your child meet their health goals.

If your child has been newly diagnosed with asthma, has trouble controlling their asthma symptoms, or was recently in the hospital because of their asthma, GHP Kids is here to help. For more information or questions about this new program, contact 855-214-8100 (PA Relay 711).



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)。

*HPM50 njp KIDS MU Winter 2017
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You can help your child develop good eating habits

Almost everyone has heard the advice: eat plenty of fruits and vegetables, limit sweets and control portion sizes. While this is good for health, it is sometimes difficult when schedules are busy. Enjoying food and your family is also important. Below are some tips to help you and your family relax a little more and enjoy your food, while promoting good eating habits.

- Whenever possible, have regular meals and/or snacks at the table with your family. If you can't eat together every day, try eating together once a week. Eating together helps you connect with each other. Also, children who eat with their family are less likely to smoke, drink alcohol and may get better grades. Babies develop better language skills as they listen to parents interact at the table.
- The meal doesn't have to be perfect. Try to include healthy foods your family enjoys, but it is also okay to sometimes offer sweet treats with the meal. Let your children help with planning and making the meal as they are able. Children are more likely to eat food they have helped to prepare and plan. Visit these websites for quick, tasty and healthy meals: foodhero.org/ and panen.org/eattogetherpa.
- To make the most of your mealtime, try to keep the TV and cell phones off.
- Once food is on the table, let your child decide what and how much to eat. If you limit the amount, your child may be more likely to overeat when given the chance. Talk about something fun, rather than focusing on what your child is or is not eating. This gives all of you a chance to enjoy your meal and helps your child learn to eat the amount he needs. Trust that your child will soon learn to eat healthy foods, especially if he sees you eating them too.



The main references used for the article are from the following websites:

ellynsatterinstitute.org/fmf/fmf100-md-hwh.php and panen.org/eattogetherpa. To see if you qualify for the Women, Infants and Children (WIC) Program, call 1-800-WIC-WINS or pre-apply online at PAWIC.COM.

Need help managing chronic conditions?

Our mission is to help members be as healthy as possible. As a member, you can get expert help to better manage chronic conditions, all at no extra charge, with our care coordination program. For more information, call 800-883-6355, speak with your healthcare provider or visit us on the web at GeisingerHealthPlan.com. If you're already enrolled in one of our condition-specific programs, informational newsletters are available on our website. You can also request a hard copy by calling 800-883-6355.

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Please write: Editor, GHP Kids Member Update 100 N. Academy Ave., Danville, PA 17822-3240
Email: memberupdate@thehealthplan.com*

Opioid medication update

Beginning Jan. 1, 2018, some high doses of opioid pain medication will require review by Geisinger Health Plan. These medications can become addictive and cause harmful side effects at high doses.

To ensure our members are receiving the best care possible, Geisinger Health Plan will be reviewing these prescriptions to ensure the doses are appropriate and safe.

If you have any questions or concerns about your current medication, please contact your doctor. Geisinger Health Plan is also available to answer questions about coverage of your opioid medications. Questions may be directed to the pharmacy customer service team at 800-988-4861.



Formulary updates available online

You can review the formulary (list of drugs covered under your pharmacy benefit) online at GHPKids.com. The online formulary includes the most recent list of covered drugs, as well as details on quantity limits, tiers and pharmacy management procedures.

When medications are not listed on a formulary, GHP Kids will not pay for them unless an exception is granted. Some drugs may require prior authorization. You may call 866-621-5235 (PA Relay 711) with benefit questions or to request a printed formulary. Our hours are 8 a.m. to 6 p.m., Monday through Friday.

Please keep an up-to-date list of any medicines you and your child are taking, including over-the-counter medications and herbal supplements, and take this with you when you or your child go to your doctor, an urgent care center or the emergency room.

Effective 2/1/2018, Januvia, Janumet, and Janumet XR will be removed from the formulary and replaced with Tradjenta, Jentadueto, and Jentadueto XR at the same benefit level.

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Danville, PA 17822-3240

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Exclusive discounts for members

Learn more about the discounts we offer on everyday health related items by visiting GeisingerHealthPlan.com. Log in and go to the “Health and Wellness” drop-down menu and click “Local discounts” to view the exclusive discounts available to you.

Be sure to check out our newest offering, TicketsAtWork.com. Members can receive valuable discounts on travel and entertainment opportunities including local and national amusement parks, movie and show tickets, shopping and more. Visit TicketsatWork.com and register using company code DPGEISIN to get started.

If you would like additional information or have questions about any of the local discounts we offer, call the customer service team at the number listed on the back of your member ID card.

