

GEISINGER HEALTH PLAN FAMILY

# Member Update

Spring 2022

# Geisinger

## Helping your child with diabetes feel their best

Your child's endocrine system makes and regulates the hormones that control their metabolism and development.

If your child has juvenile diabetes, the hormone that regulates metabolism (insulin) is off balance. But there's good news. There are some things you can do to help them manage it.

Helping a child live with diabetes is also about helping them make healthy food choices, get regular physical activity and maybe even cope with social factors at school. It takes a team — but when you're all working together, your child can manage their diabetes while still enjoying being a kid.

*continues on p. 2*

### In this issue

- 2 *New lead testing guidelines*
- 3 *Spring clean your health*
- 3 *Ready to quit smoking?*
- 4 *5 things to know about Pap smears*
- 4 *Updated drug list*
- 5 *Adolescent relationship abuse*
- 5 *At-home COVID tests*
- 8 *Help getting your GED*





## Keep school in the loop

Work with your child's school. Start by letting staff know that your child has diabetes.

A key school player you might not think of: your child's physical education instructor. Gym teachers need to know what to watch for if your child's sugar drops during class. While eating raises blood sugar levels, exercising can lower them. So keep everyone at your child's school in the loop.

Common signs that a child's blood sugar is dropping can include:

- Anger, stubbornness or sadness
- Blurred vision
- Dizziness and difficulty concentrating
- Hunger or nausea
- Irritability or impatience
- Nervousness or anxiety
- Shakiness
- Sweating, chills or clamminess
- Weakness or fatigue



## Teach your child to manage sugar levels

Even a young child can start learning to manage their blood sugar levels correctly. So be sure to talk with them about the signs of a drop or spike in blood sugar.

Make a plan with your child and let the school know what that plan looks like. It might consist of:

- Monitoring blood sugar levels by testing regularly
- Eating on a certain schedule
- Adjusting insulin as needed to account for blood sugar levels and activity
- Exercising regularly

## Talk about their feelings

Is your kid sensitive to what others say? That could impact what they do. For example, they might stop checking their blood sugar levels if they hear someone comment on it. Make sure your child knows to walk away from a bully and tell an adult.

When your child first learns they have diabetes, they may feel confused, sad or angry. And that's totally normal. Encourage them to talk with you and ask you or their doctor any questions they have.

## New lead testing guidelines

Have a child under 2 years old? It's important to have kids in this age group tested for lead exposure. Even low levels of lead in a child's blood can cause problems with learning and other behaviors. That's why the Centers for Disease Control and Prevention has lowered the "lead reference value," or the level that indicates a child has more lead in their blood than most U.S. children.

This is good news! It means kids can be identified sooner as having too much lead in their blood. By preventing further exposure, you can reduce the risk to your child. Talk to your pediatrician about lead testing. It's one way to help your kids get a healthy start.

2 | Member Update Spring 2022







# Spring clean your health

With the warmer weather comes the chore of spring cleaning for many of us. It's time to open the windows and shake off the cobwebs of winter. But rather than thinking of it as a huge undertaking, consider it a chance to boost your mental and physical wellness.

Having a clean and tidy house not only improves your mood and makes you feel more productive, but it also helps your immune system by removing dust, mold and mildew. (And if you have seasonal allergies, you probably want to do anything you can to lessen those symptoms.) Washing curtains, airing out pillows and scrubbing floors and carpets help keep your home free of allergens. Getting rid of clutter — whether by cleaning, organizing or donating — helps you feel more in control. Tidying up your bedroom can even help you sleep better.

Spring cleaning's not just for your house. Get outside and get the benefits of fresh air and sunshine while cleaning up the yard. Do some gardening, if that's your thing. Plant cheerful, colorful flowers for a terrific mood-booster. Clear winter debris, like pinecones, dead sticks and branches, for a little exercise bonus along with a neater yard.

And all those dandelions springing up in the lawn? Instead of using weed killer, remove the green leaves (the sooner after they come out, the better), rinse and use them in place of kale, chard or similar greens. Yes, you can eat dandelion greens — and they're good for you. They have an earthy, slightly bitter taste



like endive or arugula. Sauté them with a little garlic and lemon juice or put them in salads and soups. Two birds, one stone: You've de-weeded the yard and snagged some healthy food at the same time.

While you're in the spring-cleaning frame of mind, it's a good reminder to schedule a well visit with your family doctor or healthcare provider if you haven't had one in a while. Now you can enjoy the upcoming summer knowing you've improved your health and well-being this spring!

## Ready for a healthy change?

If you're thinking about quitting smoking, getting fit or losing weight, you can get support and education by signing up for these programs.

**Freedom From Smoking®** – Find out if you're really ready to quit, and learn about;

- Medications that can help you succeed
- Lifestyle changes to make quitting easier
- How to prepare for quit day
- How to manage stress and avoid weight gain
- How to stay smoke-free for good

**Lifestyle Reboot Program** – Lose 5% of your starting weight and reach at least 150 minutes of physical activity each week through healthy lifestyle changes.

If you're ready to take control of your health and get support along the way, call 866-415-7138 (TTY: 711) for more information.

## 5 things to know about Pap smears

A Pap smear, also called a Pap test, is a screening performed in a doctor's office by a gynecologist, nurse practitioner or family doctor. It tests for changes in your cells that could develop into cervical cancer over time.

During the procedure, your healthcare provider gently scrapes cells from your cervix and examines them for changes. They may also do a test for human papillomavirus (HPV), a sexually transmitted infection that can cause cervical cancer. While these two screenings can be a little uncomfortable and awkward, they should never cause pain.

### What to know about this simple, lifesaving screening.

**1. Most women should have a Pap smear every three to five years, starting at age 21.** Your healthcare provider will also begin testing you for HPV starting at age 30. If your Pap and HPV screenings are negative, the interval can be extended to five years.

You may need more frequent testing if you've had abnormal test results in the past. And if you're over age 65, you may be able to stop getting Pap smears altogether. Talk to your healthcare provider to see what's right for you.

**2. Whether you're sexually active or not, you still need a Pap smear.** Most cervical cancers are caused by HPV, which is sexually transmitted. But because not all are, Pap tests are necessary whether you're sexually active or not.

**3. Pap smears don't screen for sexually transmitted infections (STIs).** They test for any abnormal cell changes in your cervix, which could lead to cervical cancer. But they won't find HPV or other STIs, like gonorrhea or chlamydia. If you want additional testing for STIs, ask your healthcare provider during your appointment.

**4. A Pap smear is different from a pelvic exam. And yes, you do need both.**

- A pelvic exam is usually done at your annual well visit with your healthcare provider. During this exam, they'll check your vulva, vagina, cervix, ovaries, uterus, rectum and pelvis for any abnormalities.
- A Pap smear specifically screens for precancerous changes. If you're due for one, you can get a Pap smear during your annual pelvic exam.

**5. You may want to reschedule your Pap smear if you're on your period.** Technically, you can get a Pap smear while having your period, but it may be better to reschedule to a time when you aren't menstruating.

A heavy flow may affect the results of your screening. A lighter flow may not be an issue. Talk with your healthcare provider if you're on your period, and they can help determine what's right for you.

Cervical cancer is preventable. Having regular Pap tests is the best way to catch it.

So remind your relatives and friends — or anyone else in your life at risk of cervical cancer — to schedule their appointment (especially if it's been a few years).

## Drug list

Geisinger Health Plan, like all other Medicaid managed care plans, follows the statewide Preferred Drug List (PDL). The statewide PDL is put together by the Department of Human Services Pharmacy and Therapeutics Committee and is updated every year. You can see the 2022 statewide PDL at [papdl.com/preferred-drug-list](http://papdl.com/preferred-drug-list).

If coverage changes for one of your medications, you and your prescribing healthcare provider will receive a letter.





## Get your at-home COVID tests

Wondering if your illness is COVID? Can't get to the doctor for a test? You can get convenient, at-home COVID tests at no cost. Go to [GeisingerHealthPlan.com/COVID Test](https://GeisingerHealthPlan.com/COVIDTest) for the latest information and instructions on how you can get your test kits.

## We want to hear from you

Want to learn about new programs with GHP Family or give feedback about health services already offered? Join the GHP Family Consumer Advisory Committee. Meetings are held online every three months, where you can voice your ideas and work together with community providers and staff. You'll also hear about ways to prevent disease, get information about programs for long-term conditions, learn about ways to help the community and much more. This committee is for GHP Family members only.

The next meeting is scheduled for Friday, April 22, at 11 a.m. To join, call 855-214-8100.

## Adolescent relationship abuse

Adults are not the only people who experience violence in relationships. This type of abuse can happen to young people too. This includes people as young as 10 years old. There are many types of relationship abuse. It is not always physical. Here are some things abusers may use against younger survivors:

- Spread rumors about them to friends.
- Force them to share their passwords.
- Threaten to hurt themselves if the relationship ends.
- Convince them to use drugs or alcohol.
- Refusing to practice safe sex.

People that experience this abuse do not always talk about what is happening. They may worry that others will think they are to blame. They may be afraid they will be told to end the relationship. Survivors of relationship abuse should be allowed to make their own choices. This includes who they tell and when to talk about the abuse. Their decisions should be respected. Young people do not need anyone's permission to reach out for help.

Resources that may be able to help relationship abuse survivors are:

- Domestic violence programs have information about resources. They can talk about safe next steps.
- Love Is Respect and Planned Parenthood have information for survivors of relationship abuse. They also have information about how to help a friend.

Find your local domestic violence program on the Pennsylvania Coalition Against Domestic Violence website. The services offered by these programs are free and confidential.

[pcadv.org/find-help/find-your-local-domestic-violence-program](https://pcadv.org/find-help/find-your-local-domestic-violence-program)

**The National Domestic Violence Helpline:**

800-799-SAFE (7233) or to chat:  
[TheHotline.org](https://www.thehotline.org)



Member Update Spring 2022 | 5

## Discrimination is against the law

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.

Geisinger Health Plan does not exclude people or treat them differently because of race, color, national origin, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression or sexual orientation.

Geisinger Health Plan provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

Geisinger Health Plan provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, contact Geisinger Health Plan at 800-447-4000.

If you believe that Geisinger Health Plan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation, you can file a complaint with:

**Civil Rights Grievance Coordinator**  
**Geisinger Health Plan Appeals Department**  
**100 North Academy Avenue**  
**Danville, PA 17822-3220**

**Phone: 866-577-7733, PA Relay 711**  
**Fax: 570-271-7225**  
**Email: GHPCivilRights@thehealthplan.com**

**The Bureau of Equal Opportunity**  
**Room 223, Health and Welfare Building**  
**P.O. Box 2675**  
**Harrisburg, PA 17105-2675**

**Phone: 717-787-1127, PA Relay 711**  
**Fax: 717-772-4366**  
**Email: RA-PWBEOAO@pa.gov**

You can file a complaint in person or by mail, fax, or email. If you need help filing a complaint, Geisinger Health Plan and the Bureau of Equal Opportunity are available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at [ocrportal.hhs.gov/ocr/portal/lobby.jsf](http://ocrportal.hhs.gov/ocr/portal/lobby.jsf), or by mail or phone at:

**U.S. Department of Health and Human Services**  
**200 Independence Avenue SW**  
**Room 509F, HHH Building**  
**Washington, DC 20201**

**Phone: 800-368-1019, 800-537-7697 (TDD)**

Complaint forms are available at [hhs.gov/ocr/office/file/index.html](http://hhs.gov/ocr/office/file/index.html).





**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)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-447-4000 (PA RELAY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-447-4000 (رقم هاتف الصم والبكم: PA RELAY: 711).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 800-447-4000 (PA RELAY: 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-447-4000 (PA RELAY: 711). 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 800-447-4000 (PA RELAY: 711)។

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-447-4000 (PA RELAY: 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 800-447-4000 (PA RELAY: 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-447-4000 (PA RELAY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-447-4000 (PA RELAY: 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 800-447-4000 (PA RELAY: 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 800-447-4000 (PA RELAY: 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 800-447-4000 (PA RELAY: 711).






# Geisinger

MC 32-20  
100 N. Academy Ave.  
Danville, PA 17822

NON-PROFIT  
ORG.  
U.S. POSTAGE  
PAID  
Geisinger

*Geisinger Health Plan Family (GHP Family) is a Medical Assistance (Medicaid) insurance program offered by Geisinger Health Plan in conjunction with the Pennsylvania Department of Human Services (DHS). Geisinger Health Plan is part of Geisinger, an integrated health care delivery and coverage organization.*

*Questions about GHP Family? Call us at 855-227-1302 (PA Relay 711); Monday, Tuesday, Thursday and Friday, 7 a.m. – 7 p.m.; Wednesday, 7 a.m. – 8 p.m.; Saturday, 8 a.m. – 2 p.m.*



## Ready to get your GED? We can help!

Preparing to earn your high school equivalency diploma? If you're a GHP member, Geisinger offers financial GED® support.

You can complete an application online by visiting the Wellness section of the Geisinger Health Plan member portal at [geisinger.org/health-plan/sign-in](https://geisinger.org/health-plan/sign-in). After signing in, click on the Health and Wellness drop-down menu and choose "GED Funding Application." Questions? Call Health and Wellness at 866-415-7138, Monday through Friday from 8 a.m. to 5 p.m.

For more information on GED testing in Pennsylvania and the materials needed, or to create a no-cost account, visit [ged.com](https://ged.com).

220607 229224 lew 4/22