

Member Update

Winter 2023



Geisinger

Living with long COVID

Most people recover fully and quickly from COVID-19 — but some don't. Physical and mental symptoms can develop during or after having COVID, known as post-COVID symptoms. Many people refer to this later or lasting illness as “long COVID.”

What are post-COVID symptoms?

Symptoms of long COVID generally last more than a month and can't be explained by another cause. And even though the infection has cleared, old symptoms may linger and new ones can develop.

It's not clear why long COVID happens to some people and not others. While it may be worse in people who were very sick and had to be hospitalized, even young and previously healthy people who only had mild infections can get long COVID.

Continues on p. 2

Common long COVID symptoms include:

- Fatigue
- Getting short of breath with exertion
- Chest pain
- Cough
- Joint pain and body aches
- Headaches
- Loss of smell or taste
- Hair loss
- Anxiety
- Depression
- Poor memory or concentration

If you have symptoms of long COVID, you may need closer evaluation. That could mean lab tests as well as heart or lung tests, though it varies from person to person. You might also need rehabilitation or medication to help with symptoms.

Regardless of how severe your case is and whether you need treatment, recovery can be slow. It's common for people with long COVID to have symptoms for many months.

Having symptoms of long COVID?

Talk to your primary care physician. You'll get a thorough evaluation and, if needed, a referral to the Post-COVID Clinic, which specializes in caring for people with long-term COVID symptoms.

Yummy – and healthy

While cookies come in many shapes and sizes, one thing's for sure: They're the source of many sweet memories we make with our family and friends.

Including your kids when baking cookies forms good memories and teaches them how to follow a recipe. And knowing some smart substitutions helps them make healthy choices in what they eat.

Simple swaps to make cookies recipes healthier

There are several easy ways you can modify cookie recipes to make them healthier. Simple healthy swaps can include:

- 1 cup applesauce/fruit puree in place of 1 cup of oil
- 1 cup of margarine in place of 1 cup of vegetable shortening/butter
- 1 cup of plain yogurt in place of 1 cup of sour cream
- ¼ cup applesauce in place of 1 egg

This recipe uses a fruit puree for the fat source, and egg whites to make the cookies lower in fat – and still delicious.

Low-fat chocolate chip cookies

Yields 70 cookies.

Ingredients:

- 1 cup of prune puree (see below) or prune butter (called lekvar, found in the jam/jelly section)
- ¾ cup of sugar
- ¾ cup of brown sugar, firmly packed
- 3 egg whites
- 1 teaspoon vanilla
- 2¼ cup flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 cups (16 ounces) chocolate chips

Directions:

Prune puree:

1. Combine 1⅓ cup pitted prunes and 6 tablespoons water in a food processor.
2. Pulse until finely chopped.

Cookies:

1. Heat oven to 375° F. Coat baking sheets with nonstick spray.
2. In a large bowl, beat prune puree or prune butter, sugar, egg whites and vanilla thoroughly.
3. In a small bowl, mix flour, baking soda and salt.
4. Stir dry ingredients into prune mixture; mix completely.
5. Stir in chocolate chips. Drop by tablespoonful on prepared sheets and flatten slightly.
6. Bake for 10 minutes or until lightly browned around the edges.

Nutrition information per cookie: Calories 47, fat 1 g, protein 0 g, carbohydrate 14 g, sodium 38 mg



Take advantage of all your CHIP benefits

Pennsylvania’s Children’s Health Insurance Program (CHIP), brought to you by GHP Kids, provides a variety of benefits to keep your child healthy and happy. So make sure you’re taking advantage of all of them! For a complete list, go to ghpkids.com, download the member handbook and see what’s covered.

Dental care

Our network of dental health professionals is growing. Check to see if your child’s dentist is in the Skygen® network by visiting ghpkids.com to search by provider. Or call 866-621-5235 (TTY: 711).

Vision services

Covered vision benefits include lenses, contact lenses (if medically necessary) and frames. Many other vision services are also covered at no cost. Check the GHP Kids member handbook for the complete list.

Other medical benefits

GHP Kids offers even more benefits than what CHIP requires. They include:

Certified health coaches: The coaches help manage a variety of conditions with unlimited coaching sessions on topics such as weight control, blood sugar, tobacco use and stress.

- **Online education workshops:** Your child can join in workshops such as handwashing, mindfulness and nutrition, sync activity trackers and work with the mobile app.
- **Health programs:** Age-specific, hands-on interactive programs are fun for kids and motivate them to improve their health.
- **Challenges:** Kids learn health habits through individual and team challenges based on exercise, nutrition, sleep and more.
- **Presentations:** Virtual presentations offer families 20- to 30-minute sessions on a variety of health, safety and wellness topics.
- **Neighorly:** Get connected to free and reduced-cost programs and services for a range of needs such as food, transportation and housing. Find resources in your community at neighorlypa.com.
- **Tel-A-Nurse hotline:** Call this toll-free hotline 24/7 at 877-543-5061 to talk to a nurse about your child’s non-emergency health issues.
- **Back-to-school programs and education**

Questions about your child’s benefits under GHP Kids? Call 866-621-5235 (TTY: 711).

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, age, 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, 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.





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Trouble paying your heating bill?

During the colder months, make sure you're warm, comfortable and healthy in your home. Neighborly can help — just enter your zip code and search for local heating assistance and resources for home maintenance and weatherization. You can also contact the Low-Income Home Energy Assistance Program (LIHEAP), which helps qualifying families pay their utility bills. To learn more, call 866-857-7095 (TTY: 711), contact your county assistance office or visit the LIHEAP website by scanning the QR code below with your smartphone.

