

Lie low with lightning

Lightning is one of nature's deadliest phenomenon and springtime is known for its rolling thunder and lightning storms. While many lightning strikes are harmless and have very little effect on people or the environment, lightning can be deadly and cause harm in an instant.

There's no safe place outside when thunder or lightning storms are in the area. If you hear thunder, you are likely within striking distance of a storm. Too many people wait too long to get to a safe place when storms approach. Remember, when thunder roars, go indoors! Below are some more tips on how to stay safe during a thunder and lightning storm:

- Stay off corded electrical devices
- Avoid plumbing. Don't wash your hands, take a shower or wash dishes
- Stay away from windows and doors
- Do not lie on concrete floors or against concrete walls
- Stay away from anything metal

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Spring slowly into fitness

The sun is out, the skies are blue and your body is aching for some fresh air and activity. But while you may be ready to strap on your shoes and run a mile, experts suggest springing into spring fitness one step at a time.

Start with your doctor: Taking it slowly means starting from square one: a visit with your doctor. Make an appointment with your doctor for a physical examination to ensure your body is healthy and ready to hit the trails for some fun. Ask your doctor questions. And to help prevent injuries, get a clean bill of health prior to starting any activity.



Take it slow: Once your doctor signs off on your health, start slowly, especially if you've been inactive or less active for the past winter months. Start with a slow exercise program, like an easy walking regimen or a stretching routine. This will help you prepare for most casual sports, like jogging, golf and tennis. It also helps to build your endurance to move forward with a more strenuous exercise program.

Take it easy: After you've built your endurance a little, then move forward to a more strenuous exercise program. However, listen to your body and take it easy. Don't push it. Taking it easy will help your body adjust to the level of activity and help prevent any pains and strains.

Helpful services for pregnant women

If you're pregnant and have GHP Family as your health insurance, the Women's Health Special Needs Unit (SNU) might be of interest to you. Comprised of a team of experts, the SNU collaborates with you for your medical, social and behavioral needs. In addition, resources are provided for transportation, housing, baby care and nutrition education.

Covering all regions of Pennsylvania, the SNU provides most services by phone, including the ability to text. Home visits are provided specifically to help members during and after pregnancy, supporting a healthy transition for mother and baby. Prenatal and postpartum visits are also provided, along with support for babies who experience withdrawal symptoms. Other services include support for members with gestational diabetes, food instability and more.

If it seems like this team of professionals can help you, call 855-214-8100.

*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)

Pet abuse is domestic abuse

People who abuse want power and control over others. They may want to retaliate or show another person they are next. To force a person to watch abuse is a form of abuse. Pet abuse is domestic abuse. It can cause health problems. Studies show that a person who abuses a pet may also abuse their partner. Human and animal victims can both suffer these types of abuse and more:

- Neglect or being ignored
- Being ganged up on by more than one abuser
- Sexual or physical abuse
- Kept from access to medicine or health care
- Kept from access to food, water or safe shelter
- Being yelled at, insulted or scared on purpose

Another abuse tactic is to remove a pet from the home and not tell where it is. There may be times when a victim is forced to abuse a pet to protect it from torture or death by an abuser. They may be forced to abuse a pet to protect their child. One quarter of children whose mothers were abused saw their family pet threatened, abused or killed as a way to control the mother. Pets and children share a special bond and abuse using pets causes deep trauma. Pet abuse trauma can cause health or social problems such as:

- Depression or anxiety
- Post-traumatic stress
- Aggression
- Lack of emotions or ability to pay attention

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.

References

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- McKinnis, Susan. (2016). *Unlinking the chain: How animal abuse intersects with domestic violence*. Webinar. New Castle, PA: Crisis Center of Lawrence County.
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Eat your fruits and vegetables

There are so many benefits to eating fruits and vegetables. They are low in calories and provide vitamins and minerals to keep you healthy, and fiber to keep you full. Eating plenty of fruits and vegetables may also decrease your chance of getting high blood pressure, cancer and other diseases.

For best health, fill half your plate with fruits and vegetables. Choose a variety of colors and types for an appealing meal and for the most benefits. There are many fruits and vegetables that are quick and easy to prepare. Fresh, frozen or canned are all good choices.

Fresh fruits and vegetables usually cost less (and taste better) when they are in season. To find out what is in season, go to <https://www.fruitsandveggiesmorematters.org/what-fruits-and-vegetables-are-in-season>. Oranges, apples, carrots, bananas and many others are quick and easy to prepare.

Frozen and canned fruits and vegetables are also a good low-cost choice. They are usually ready to eat or cook, and you can get a lot more variety throughout the year. Since most canned and frozen vegetables are packed just after they are picked, they are often just as nutritious as fresh. To limit sugar, buy canned fruits packed in water or juice rather than syrup. Look for frozen fruits with no added sugar. To limit salt, choose low sodium canned vegetables. Also, draining and rinsing the vegetables will cut the sodium almost in half.

Choose any fruits or vegetables that you enjoy and know that you are doing a good thing for your health. Try different types and new recipes to see what you and your family like. For recipe ideas go to: <https://www.fruitsandveggiesmorematters.org/main-recipes>.

References

- https://www.fruitsandveggiesmorematters.org/canned-foods-are-too-high-in-sodium?utm_source=Canned+Food+News&utm_campaign=d8d09b417b-Combating_Canned_Food_Myths_August_2017&utm_medium=email&utm_term=0_6ae81befc3-d8d09b417b-24241045
- <https://www.fruitsandveggiesmorematters.org/top-10-reasons-to-eat-more-fruits-and-vegetables>
- <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate-vs-usda-myplate/>
- <https://www.fruitsandveggiesmorematters.org/fresh-frozen-canned-dried-and-100-juice>
- <https://recipes.heart.org/Articles/1007/Fresh-Frozen-or-Canned-Fruits-and-Vegetables-All-Can-Be-Healthy-Choices>

Help for diabetes management

Geisinger health and wellness offers a variety of programs to help those living with long term or chronic conditions. The Live Your Best Life programs are interactive, group programs offered at no cost and are open to the public. Programs are also available for those with diabetes, pre-diabetes or those who are at risk of developing diabetes. Participants learn healthy eating habits, exercise and relaxation techniques and how to set goals for improvement. Call Geisinger health and wellness at 866-415-7138 to find a program near you.

MyCode's 101-year-old participant

Meet Ruth Richards. Born in Scranton, she was in her 90s by the time the genomics revolution led to Geisinger's MyCode, a community health initiative that helps researchers understand the relationship between genes and diseases. She waited nearly 100 years to be part of the genomics revolution, but she got there.



It wasn't until Mrs. Richards was in her mid-90s that she was approached in the waiting room of her doctor's office about the opportunity to donate her DNA to a Geisinger's MyCode Community Health Initiative.

At first, she said, 'No.' But then she asked her doctor about it and he said, given her longevity, it might be helpful to others to have her DNA studied, so she had a change of heart and signed up.

"My brother always said I got all the good genes," Mrs. Richards said. "People say to me all the time: 'How come you lived so long?' And I don't know. Nobody in my family has lived as long. My brother and sister both died in their early 80s," she said.

Retired after 40 years of working as a math instructor at the International Correspondence Schools in Scranton, Mrs. Richards turns 102 years old in 2018. That makes her one of the oldest participants in the MyCode Community Health Initiative.

With minimal support, she takes care of herself in her own home, still drives a car and travels alone across country to visit her daughter. She's active in a sewing group and plays cards once a month.

"You have to keep going. That's all," Mrs. Richards said. And so, she has.

Today, Geisinger is routinely informing patients about some 27 genetic disorders, mainly cancers and heart disease, that they are at risk for because of their individual genetic makeup – medical advances only dreamed of for most of Mrs. Richards' life.

With more than 150,000 volunteers joining Mrs. Richards in donating their DNA for research study, imagine where we will go in the next 150 years!

Thank you, Mrs. Richards, and all of you – young and old alike – for participating in the march of science. To learn more about this program see geisinger.org/mycode; call toll free 844-798-1687; or email JoinMyCode@geisinger.edu.

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, 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, or
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, or
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 <https://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
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.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 ដោយមិនគិតថ្លៃ ក៏អាចមានសំរាប់អ្នក។ 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).

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Formulary updates now available online

You 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.

You 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.

