

Don't let the flu get you

Every year more than 200,000 people are hospitalized from flu complications. One of the most important things you can do to protect yourself is to get the flu vaccine.

The flu virus is always changing. Each year, the new vaccine protects against the top viruses that are most likely to cause sickness. Remember, you can't get the flu from the flu shot. The viruses in flu shots are either dead or don't contain virus particles. Antibodies develop about two weeks after vaccination so you're protected quickly.

Everyone 6 months of age and older, with rare exceptions, should be vaccinated every year. You can get vaccinated at two easy locations: your primary care physician's office, or a participating pharmacy. Visit TheHealthPlan.com to search for pharmacies in your area. There's no charge for the flu shot, just visit a doctor or pharmacy in our network.*

*The vaccine must be administered by a pharmacist and billed through the online pharmacy claims system. Not all pharmacies offer flu vaccines. There are state regulations, such as age, regarding who can receive a vaccine from a pharmacist.

Si necesita esta información en otro idioma, llame al 1.855-227-1302 (TTY: 711) lunes, martes, jueves y viernes de 8:00 am a 5:00 pm o miércoles de 8:00 am a 8:00 pm.

如果您需要此資訊的其它語言版本,

請撥打電話 : 1.855-227-1302 (聽障專線 :

711) 週一, 週二, 週四和週五上午

8 : 00 至下午 5 : 00 或者週三上午 8 : 00

至晚上 8 : 00

ប្រសិនបើអ្នកប្រើភាសាដទៃទៀតសម្រាប់ព័ត៌មាននេះសូមទាក់ទង

មួយភ្លែត សូមទាក់ទង 1.855-227-1302 (TTY: 711)

ម្សិលមិញ ថ្ងៃច័ន្ទ ថ្ងៃអង្គារ ថ្ងៃពុធហាស៊ុប្តា និងថ្ងៃសុក្រពីម៉ោង

8 ព្រឹក ដល់ម៉ោង 5 ម៉ោង ឬថ្ងៃពុធពីម៉ោង 8 ព្រឹក

ដល់ម៉ោង 8 យប់។

Если вы хотите получить данную информацию на другом языке, позвоните по номеру 1.855-227-1302 (Телетайп: 711) в понедельник, вторник, четверг и пятницу с 8 а.м. до 5 р.м. или в среду с 8 а.м. до 8 р.м.

Nếu quý vị cần thông tin này bằng ngôn ngữ khác, hãy gọi 1.855-227-1302 (TTY: 711) Thứ Hai, Thứ Ba, Thứ Năm và Thứ Sáu từ 8 giờ sáng đến 5 giờ chiều hoặc Thứ Tư từ 8 giờ sáng đến 8 giờ tối.

GHP Family Member Update is published four times annually. Comments are welcome.

Please write: Editor

GHP Family Member Update

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Choose Healthy. Choose WIC!

“WIC has helped me make healthier choices for my child, and I can save on my grocery bill.” - WIC Mom

The Pennsylvania Department of Health Women, Infants and Children (WIC) Program helps eligible pregnant, postpartum and breastfeeding women, infants and children under age 5.

Did you know?

- WIC provides free nutrition information, healthy foods, breastfeeding support and referrals to other helpful programs.
- If you receive SNAP, MA or TANF, you may also apply for WIC.
- WIC allowable income is higher than SNAP and some other programs.
- Foster children under age 5 qualify for WIC.
- WIC helps working families and the unemployed.
- U.S. citizenship is not required.



Household Size	*Monthly (Approx.)
1	\$1,831
2	\$2,469
3	\$3,107
4	\$3,746
For each additional person, add:	\$642

*Income (before taxes) effective July 1, 2016. If you are pregnant, add one to household size. Get started online at PAWIC.com or call 1-800-WIC-WINS (1-800-942-9467). PA WIC is funded by the USDA. This institution is an equal opportunity provider.

Important information for members about participating providers

You may soon be contacted regarding a change in your healthcare provider. The Pennsylvania Department of Human Services requires all primary care physicians (PCP) and specialists to renew their Medical Assistance certifications with the state. This allows them to continue seeing GHP Family patients. If a provider does not renew their certification, they will not be able to see Medical Assistance patients. This includes GHP Family patients. You will be contacted by letter if your PCP or specialist has not renewed. We will assist you in choosing a new provider. Please watch for this communication. If you have any questions, please contact GHP Family Member Services at 855-227-1302 (TTY: 711) Monday, Tuesday, Thursday and Friday, from 8 a.m. to 5 p.m., or Wednesday, 8 a.m. to 8 p.m. for assistance.

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, as well as 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 (TTY: 711), Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m., or Wednesday from 8 a.m. to 8 p.m.

Changes to GHPFamily.com

We're updating our website to make it more user friendly and to align with our new brand. All of the pages before you log in as a member will have a fresh new look. To access specific plan information and take advantage of online tools, you'll need to log in as a member. Over the coming months, we'll continue to make improvements to resources and navigation for a better overall experience.

Recent updates to the member handbook

Updates were recently made to the GHP Family member handbook. To request an updated printed copy of the member handbook, call the GHP Family Member Services team at 855-227-1302 (TTY: 711), Monday, Tuesday, Thursday and Friday from 8 a.m. to 5 p.m., or Wednesday from 8 a.m. to 8 p.m.

Good hand hygiene keeps kids in school

How many times have you asked your little ones, "Did you wash your hands?"

It's a good question to ask. Proper hand-washing habits prevent the spread of the common cold and keep children from missing school. The Centers for Disease Control and Prevention says the common cold is responsible for 22 million lost school days each year.

Children and adults should wash their hands frequently, especially:

- After using the bathroom
- After coughing
- Before eating or preparing food
- After touching pets
- Before and after visiting anyone who is sick



Geisinger

GHP Family

100 N. Academy Ave.
Danville, PA 17822-3240

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Baked Acorn Squash

Celebrate a favorite autumn ingredient: acorn squash. Enjoy this sweet, nutty squash with this quick side dish. Look for acorn squash at the farmer's market or grocery store this fall.

Yield: 4 servings **Prep time:** 5 minutes **Cook time:** 60 minutes

Ingredients:

- 2 whole acorn squash
- 2 teaspoons maple syrup
- 1 teaspoon butter
- Cinnamon, sprinkle to taste

Directions:

Preheat oven to 400 degrees. Cut each squash in half with a sharp knife. CAUTION: The skin can be tough, so be careful not to cut yourself. Scrape out seeds and string membranes with a spoon. Place on a baking sheet, cut sides down. Bake for 30 minutes. Remove from oven. Melt butter. In a small bowl, combine melted butter, maple syrup and cinnamon. Flip squash so that the cut side is now facing up. CAUTION: squash will be hot. Brush mixture all over the inside the squash. Bake for another 20-30 minutes until the squash is tender when pierced with a fork. Serve one half per person. Source: adapted from www.foodnetwork.com

