

Schedule your child's well visit!

Has your child had an annual well visit? This important visit is most effective when your child is not sick. Attention can be focused on preventive health, including vision, hearing and dental checks. Well visits are a great way to reinforce positive health habits. They give your child a chance to develop a relationship with the doctor. This helps allow for open communication.

With GHP Family's Healthy Rewards program you can earn a \$25 debit card if your child attends 6 or more well child visits in their first 15 months of life. You can use the debit card for products like baby care supplies and health-related products at Dollar General, Walmart, Family Dollar and Rite Aid.

If you have any questions or would like to schedule an appointment, contact your primary care physician or call 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. Our quality improvement team can also assist with setting an appointment. They can be reached at 800-847-1216 (TTY: 711).



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

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មួយទៀត សូមហៅ 1.855-227-1302 (TTY: 711)

ម្ភៃថ្ងៃក្នុងមួយសប្តាហ៍ ពីថ្ងៃច័ន្ទ ព្រឹក ៨ ម៉ោង

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ដល់ថ្ងៃពុធ ម៉ោង ៨ 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

100 North Academy Avenue

Danville, PA 17822-3240

E-mail: memberupdate@thehealthplan.com

HPM50 njp Family MU Summer 2016

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Formulary updates

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 call the customer service team 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. (Key: Formulary = F, Non-Formulary =NF)

* Indicates prior authorization (PA) or step therapy (ST)

Brand Name	Status	Formulary Tier	Prior Auth	Qty Limit	Detailed Limits	Formulary Alternative(s)
ALECENSA	F	Brand	Yes	Yes	8 capsules per day	Zykadia*
FLOVENT HFA	F	Brand	Yes for members ≥ 18 years old	No		Arnuity Ellipta (for members ≥ 12 years old)
GUANFACINE ER	F	Generic	No	No		methylphenidate, methylphenidate ER, dexmethylphenidate, dextroamphetamine, dextroamphetamine ER, amphetamine-dextroamphetamine, amphetamine-dextroamphetamine ER
PRALUENT	F	Brand	Yes	Yes	2 mL per 28 days	atorvastatin, Zetia, cholestyramine, Prevalite, colestipol
SEEBRI NEOHALER	NF	NF	Yes	No		Spiriva, Spiriva Respimat
STRENSIQ	F	Brand	Yes	Yes	30 day supply per fill	none
TRESIBA	NF	NF	Yes	No		Lantus Solostar, Lantus, Toujeo Solostar, Levemir Flextouch, Levemir
UTIBRON NEOHALER	NF	NF	Yes	No		Anoro Ellipta
VARUBI	F	Brand	Yes	Yes	4 tablets per 28 days	Emend*
VIBERZI	NF	NF	Yes	Yes	2 tablets per day	dicyclomine, diphenoxylate-atropine, loperamide

Important pharmacy update

Antipsychotic medications now require prior authorization. This change affects all children age 17 years old and younger. The medications must be recommended by a specialist and used appropriately. Proper monitoring must be done. Additionally, other treatments must be tried before medications are used. For more information, call GHP Family Member Services at 855-227-1302 (TTY: 711).

News from the Department of Human Services (DHS)

What is a healthy breakup? (For teens)

Relationships can be great, but there may come a time when it is no longer what a person wants. A healthy breakup is as crucial as a healthy relationship and can affect health now and later. A breakup should be based on the same rules of respect, dignity and healthy contact as a healthy relationship. Here are some tips for going through a healthy breakup.

A healthy breakup means to:

- Give the person space to talk about feelings and needs
- Hear what the person has to say
- Respect the reason for calling it off
- Give time and space for healing and thinking
- Say things that support the person, even when upset about the breakup
- Be trustworthy
- Act as an equal and treat the person as an equal
- Behave in ways that show you accept the relationship has ended

A healthy breakup means NOT to:

- Break up over text or social media

- Insult the person
- Share private information with others
- Post about the breakup on social media
- Use force or threats
- Damage the person's reputation
- Hurt the person physically or sexually
- Call, text or visit the person when it is not wanted
- Stalk the person online, through friends or in person
- Make demands on the person's time, money, property or space
- Convince the person to stay in the relationship

If, after a breakup, a person feels upset and wants to hurt him- or herself or others, that person should get help from a trusted counselor, parent, doctor or nurse. Anyone who has been abused may call the National Dating Abuse Helpline to talk or get advice from a teen or adult: 866-331-9474 (TTY 1-866-331-8453). Or visit the websites: loveisrespect.org, thatsnotcool.com. To find the domestic abuse program nearest you, visit pcadv.org and click on Find Help or use the Find Help map on the home page.

Important information 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 only be contacted by letter or phone if your PCP or specialist has not renewed. We will assist you in choosing a new provider. Please watch for this communication in the coming weeks. 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.

Dental reminder

Effective April 1, 2016, dentists in the Avesis, Inc. network now provide dental services covered by your plan. Information on Avesis, Inc. dentists is available online. You can visit GHPFamily.com and search for a dentist. You can also call 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. Our representatives can assist with scheduling and answer any questions you have about covered services.

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GHP Family

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

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What are family planning services?

Family planning services are services that help you plan your family. This includes reproductive healthcare and birth control services. A healthcare provider can help you make decisions about planning your family. A family planning visit will usually include an overall health exam. You and your provider will also decide which method of family planning is best for you. You may be given a prescription for birth control pills or a device. You can have the prescription filled at any participating GHP Family pharmacy.

Family planning services are covered under your GHP Family plan. You can see any participating or non-participating doctor or clinic for family planning services. This includes your primary care physician or obstetrician. You do not need a referral. You can choose a provider from the online provider directory at GHPFamily.com. You can also use an out-of-network family planning doctor or clinic. Family planning services are available at no charge to you. Just make sure you show your GHP Family and Access identification cards. For more information or help finding a doctor or clinic, you can call 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.

