



Geisinger
GHP Kids

Member Update

Delicious, nutritious and fun

Do your kids squirm seeing a green vegetable on their plate? Do they cheer when you push your cart past the fruit aisle in the grocery store? Say no more!

Below are ten unique, yet honest, reasons to convince your kids to eat more fruits and veggies!

Convenience. Fruits and veggies are nutritious in any form so they're ready to eat when they are!

Fiber. Fruits and veggies provide fiber that helps fill them up and keeps their digestive system happy.

Low in calories. Fruits and veggies are naturally low in calories.

May reduce disease risk. Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

Vitamins and minerals. Fruits and veggies are rich in vitamins and minerals that help them feel healthy and energized.

Variety. Fruits and veggies are available in an almost infinite variety; there's always something new to try!

Quick, natural snack. Fruits and veggies are nature's treat and easy to grab for a snack.

Color and texture. Fruits and veggies add color and texture to their plate.

Fun to eat. Some crunch, some squirt, some peel and some grow right in their own backyard.

Fruits and veggies are delicious, nutritious and fun. That sums it up!



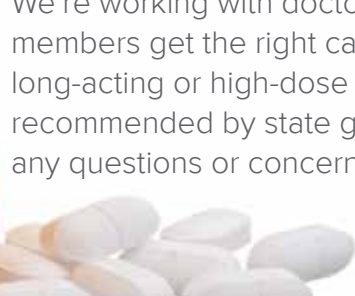
Fruits and veggies, why oh why?

What to expect: new opioid authorizations

As of July 1, 2019, all health plans in Pennsylvania—excluding members with active cancer, sickle cell crisis or palliative care/hospice—will follow new prior authorization rules for authorizing opioids. This includes the July 1, 2019 change that requires a prior authorization for all opioid prescriptions where the total morphine milligram equivalent (MME) of all opioids is 50 MME a day or higher.

At Geisinger Health Plan, some of the questions we consider before granting prior authorization are:

- Is the prescription from a pain management specialist or has the patient seen a pain management specialist for their condition in the past 24 months?
- Did the patient sign a pain management contract?
- Did the prescriber complete a urine drug screening (UDS)?
- Did the doctor ask questions to see if the patient is at risk for opioid addiction?
- Is there a plan to help the patient when it's time for them to stop taking the pain medication, such as a plan to slowly lower the dosage?



We're working with doctors to make sure our members get the right care, including the use of long-acting or high-dose opioids when recommended by state guidelines. If you have any questions or concerns about this change, please talk to your doctor or call our pharmacy customer service team.

Changes to your payment process

If you pay a monthly premium for your child's CHIP coverage, payments should be sent to Geisinger Health Plan, P.O. Box 829703, Philadelphia, PA 19182.

Make sure to include the appropriate stubs with your payment. If you have a bank-initiated payment or an auto payment set up, remember to update the address on those accounts as well.



ACT smart to save your kid

Don't leave your child in a vehicle on a hot, summer's day.

Protect them by remembering to ACT*:

A

Avoid heatstroke-related injury and death by never leaving your child alone in the car, not even for a minute.

C

Create reminders by putting something in the back of your car that is needed once you hit your destination.

T

Take action. If you ever see a child alone in a car, call 911.

**Information taken from safekids.org.*

Sun safety with the kids

Exposing your child to too many ultraviolet (UV) rays can cause health issues, but you can help minimize these risks:

Dress smart. Make sure your kids wear proper clothing to help keep their skin covered and cool (especially between 10 a.m. and 4 p.m.).

Use sunscreen. Apply and reapply the proper amount of sunscreen to your kids often. Reapply every two hours – especially if they are in the water or sweating.



Reduce exposure. Keep your kids away from as much direct UV light as possible. Direct them to the shade, or have them wear sunglasses to protect their eyes.



Health programs available for your child

As a GHP Kids member, your child can participate in an array of programs to improve their health.

To see a list of the programs offered follow the steps below. This will also provide you with information on who is eligible to participate, how to use the programs, how to opt in or opt out of the programs and your rights and responsibilities once you're enrolled in a program.

- Visit GeisingerHealthPlan.com/signin
- Sign into your member portal account
- Under the Health and Wellness tab, select Wellness Programs
- On the Health and Wellness programs page, and under the health and wellness care team section, select View Programs

To request hard copies of program information, call the Care Coordination and Integration Department at 800-883-6355.

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.

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)。



Don't delay developmental screenings

If you have a little one, listen up! Don't delay your child's developmental screenings.

Developmental screenings are typically done by doctors or healthcare professionals at your child's well visits, but these screenings are separate and different from an annual physical exam. Doctors take a closer look at your child's development, language, movement, thinking, behavior and emotions.

It's recommended that children at nine months, 18 months and 24 or 30 months receive developmental screenings.

Geisinger

GHP Kids

100 N. Academy Ave.

Danville, PA 17822-3240

Formulary updates are available online

You can review the formulary (list of drugs covered under your pharmacy benefit) online at GHPkids.com. The online formulary includes the most recent list of covered drugs, as well as details on quantity limits, tiers and how drug coverage is provided.

When medications are not listed on a formulary, GHP Kids will not pay for them unless an exception is granted. Some drugs may require prior authorization.

Call 800-988-4861 (PA RELAY: 711) from 8 a.m. to 5 p.m. from Monday through Friday, with benefit questions or to request a printed formulary.

Please keep an up-to-date list of any medicines you and your child are taking, including over-the-counter medications and herbal supplements, and take this with you when you or your child go to your doctor, an urgent care center or the emergency room.

