



Geisinger
GHP Kids

Member Update

FALL 2016

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.*

*Office visit copay may apply. 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.



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If you need this information in another language, please contact member services. Si necesita ayuda para traducir esta información, por favor comuníquese con el departamento de Servicios a miembros del Geisinger Health Plan al 1-866-621-5235. Estos servicios están disponibles de lunes a viernes, de 8:00 a.m. - 6:00 p.m. Usuarios del sistema TTY deberán llamar al 711.

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

*Please write: Editor
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*HPM50 njp KIDS MU Fall 2016
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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



Network updates

For the most recent listing of our participating primary and specialty care providers, please visit our website, GHPKids.com, or call the customer service team at 866-621-5235 from 8 a.m. to 6 p.m., Monday through Friday (TDD/TTY 711). Members can also use the website to search for hospitals, pharmacies and other service providers.

Formulary updates now available online

Members can review the formulary online at TheHealthPlan.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 Kids will not pay for them unless an exception is granted. Some drugs may require prior authorization. Members may call 866-621-5235 (TDD/TTY 711) with benefit questions or to request a printed formulary. Our hours are 8 a.m. to 6 p.m., Monday through Friday.

Recent updates to the member handbook

Updates were recently made to the GHP Kids member handbook. To request an updated printed copy of the member handbook, call the GHP Kids customer service team at 866-621-5235 Monday through Friday from 8a.m. to 6 p.m.

Changes to GHPKids.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.

Pay attention to asthma and allergies

Don't let allergy and asthma symptoms get in the way of your fall fun. If your child has allergies or asthma, it's important to keep these tips in mind:

- **Beware of triggers**
Freshly mowed grass, pollen, campfire smoke and sudden changes in weather can all trigger an asthma or allergy attack.
- **Don't take a break from daily medication**
Even if your child isn't having symptoms, his lungs depend on daily medication to control inflammation. The American Academy of Allergy, Asthma & Immunology warns that skipping or stopping asthma medication may increase the risk of serious asthma symptoms.
- **Avoid inhaler overuse**
Quick relief medications should be used only when immediate relief is needed. If your child is using an inhaler more than twice a week, talk with your doctor about other treatment options.

If you have any questions about your child's condition, symptoms, or medications, contact your primary care physician for more information.



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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

