



Geisinger
GHP Kids

Member Update

SPRING 2018

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

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)。

*HPM50 klg KIDS MU Spring 2018
Photo credits: iStock/Thinkstock*



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 grab your kids for some family fitness fun, 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.

Let your kids snooze

It's easy to lose track of time in the spring and summer months. It's daylight longer and the weather is nicer, making it easier to stay awake in the evenings. While this may make it easier to visit with family and friends or enjoy late evening parties around the fire, it's crucial to remember the importance of sleep – especially for your child.

Sleep is essential to all human life; however, it's critical for children who are still growing and developing every day. No matter how fun the party is or how awake your child is, it's still important for your child to get to sleep at a decent time. Good quality sleep is imperative for development.

How can you help your child get the proper amount of sleep?

1. Limit bedtime activities
2. Establish a sleep schedule
3. Create a favorable sleeping environment
4. Promote regular exercise
5. Limit caffeine
6. Avoid late afternoon or early evening naps



Five reasons to read to your child every night

By the time the night ends and it's time to tuck your kids away in bed, you're ready for – and deserving of – a long awaited rest. But before you give those final kisses goodnight, there's one more thing you need to do: read a bedtime story. Reading to your child every night has benefits you don't want your child to miss.



Builds a stronger relationship

Reading a story before bed is great one-on-one time. There's no television, cell phones or housework to create a distraction. It's just time for the two of you to spend alone and together in each other's company. The older your child grows the less he or she will want to spend this time together, so take advantage of this time now.

Increases vocabulary

Exposing your child to language is proven to help expand their vocabulary. Reading to your child introduces new words and teaches how to spell and pronounce words correctly. Better yet, an increased vocabulary can improve confidence and self-esteem.

Introduces morals

Children's books are known for their morals. Whether it's the truth of honesty, the importance of family or the value of kindness, each night you're reading together, you're teaching your child the value of right and wrong.

Grows their imagination

Escaping to new and fantastical worlds within the pages of their favorite books will help your child learn how to use their imagination. It only takes one page at a time for children to hear the story and create visual images in their minds. This is a fundamental skill in being creative, so open the pages and let your child's imagination soar.

It's fun

No, you're no longer a kid, but reading can still be fun for you, too. Let your days of work, worries and stress fade away as you sit with your child to read a book. Relax and recall how fun it was to be a child and read. Make voices for the individual characters, create sound effects. Go on an adventure with your child and make every night as fun for you as it is for them.

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Formulary updates 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 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. You may call 866-621-5235 (PA Relay 711) with benefit questions or to request a printed formulary. Our hours are 8 a.m. to 6 p.m., Monday through Friday.

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.

