



Geisinger  
GHP Kids

# Member Update

SUMMER 2018

## Protect against tick bites

Although anyone can get Lyme disease, children spend a lot of time outdoors and are especially at risk for this illness. Protect your family against tick bites with these four easy steps:

- Use insect repellent that contains 20-30% DEET. Follow the instructions on the packaging and coat your child well.
- Once your child is done playing outside, make them bathe or shower as soon as possible after they come indoors.
- After their shower, examine their bodies for ticks. Ticks can hide under armpits, behind the knees, in the hair and in the groin.
- Put your child's clothing in the dryer on high heat for 60 minutes. This will kill any remaining ticks.

If your child is experiencing symptoms such as a rash, fever, chills, fatigue, joint or muscle pain or facial paralysis, and you know or suspect that your child has been exposed to ticks, seek medical attention. Your child might have Lyme disease and need appropriate medical treatment immediately.

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 Summer 2018  
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## Hone in on heat-related illnesses

Summer is here, and so are the hot, summer days of your kids playing in the sun. Enjoy these times, but don't let the heat harm your child. Protect your child from heat exhaustion or heat stroke. Here are some prevention tips:

- **Keep hydrated.** Make sure your child is drinking two to four cups of water every hour. The body needs more water than usual when in the sun because it loses more fluids through sweating.
- **Dress light.** Dress your child in light-colored, loose clothing when out in the heat. A brimmed hat is even good to keep the sun out of their face and help them stay cooler.
- **Stay cool.** Try doing more activities inside a temperature-controlled or air-conditioned environment. Anything to stay cool and keep the body temperature down.
- **Steer clear of cars.** Never leave your children or infant in a closed, parked car. The temperature inside a closed car can become very hot, instantly causing heat-related illnesses.



## Make a splash for pool safety

Millions of people every year enjoy warm weather by swimming in backyard pools and having cookouts with friends and family. Unfortunately, though, over 200 young children drown in backyard swimming pools each year. Make it a priority—keep your children safe when swimming.

- **Barriers.** Secure your pool with the appropriate barriers. Completely surround your pool with a four-foot-high fence with a self-closing, self-latching gate. Also place a safety cover on the pool when not in use and remove any ladders or steps for access.
- **Supervision.** Keeps kids under active supervision at all times. Stay in arm's reach of young kids. Never leave kids unsupervised or allow them to swim alone. Make sure young or inexperienced swimmers wear U.S. Coast Guard-approved life jackets.
- **Skills.** It's good if your child knows how to swim. Enroll your kids in age-appropriate swimming lessons to help them learn faster.



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Email: [memberupdate@thehealthplan.com](mailto:memberupdate@thehealthplan.com)*

## Don't let poison damper your day

It comes in all shapes and sizes—red, yellow, green, one leaf, three leaves, bushes, plants and vines—and it can really put a damper on your kids' outdoor playtime. It's poison and can commonly cause uninvited rashes and blisters on the skin. Keep your kids safe from common poisons, like poison ivy, poison oak and poison sumac, by practicing these five prevention strategies.

1. Educate yourself. Learn about common poisons and what to look for. Keep your kids away from areas where you know they grow.
2. Dress your kids with clothes that cover their bodies. Consider close-toed shoes, socks, long pants and long sleeves. If any clothes come in contact with poisonous plants, wash them immediately.
3. If your kids are exposed to poison, wash them immediately with warm water. This will get the plant's oil off their skin.
4. Scrub the fingernails. If the oils are on their fingers, it can spread wherever they touch.
5. Make it a habit to wash outdoor items and equipment. Oil from poisonous plants can get on items and last up to five years.

## Familiarize yourself with fraud

Insurance fraud can happen to anyone. Knowing how to spot these instances and how to report it can help save you and your family a lot of headaches.

First and foremost, use discretion when providing your health insurance information, including your member ID number. And be familiar with fraudulent situations:

- Requesting payment for a service that wasn't provided
- Charging for a more expensive service than was actually provided
- Incorrectly stating a member's condition or diagnosis to maximize payment
- Selling or sharing a person's insurance identification number or information so false claims can be filed

These are just a few examples of many, which is why Geisinger Health Plan (GHP) has established an anti-fraud program designed to help detect and eliminate potential fraud and abuse. When you report fraud, you may remain anonymous and all reports are kept confidential.

If you suspect fraud or abuse, contact GHP using one of the methods below:

- **Email:** FA@geisinger.edu
- **Phone:** The GHP Compliance hotline at 800-292-1627 or call the customer service team number listed on the back of your insurance card
- **Mail:** Geisinger Health Plan, Anti-Fraud Program, 100 North Academy Avenue, Danville, PA 17822-3220

# Geisinger

## GHP Kids

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

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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](http://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.**

