



Geisinger
GHP Kids

Member Update

WINTER 2016

GHP has #HadEnough

We've #HadEnough, have you? That's the message we're pushing out with Geisinger Health Plan's new opioid awareness community campaign called #HadEnough. This initiative, which focuses on educating community members of all ages about opioid abuse and its dangers, places the voice of the community at the heart of the campaign. It calls to action the power of a community to say, "We've #HadEnough of needlessly losing lives to drug abuse and we want to see changes made to help prevent addiction, stop opioid abuse and help those who struggle."

To kick off this campaign, GHP sponsored an opioid awareness speaker who spoke at 6 schools, reaching more than 4,000 students. "Speak up. Save a life," was the message to students. We've also held community discussion panels, allowing community members to learn more about opioid abuse and to ask questions to experts concerning the drug issues in their communities.

Want to learn more? Our next panel will be held at Lewisburg Area's new high school on Thursday, Jan. 12, 6:30 – 8:30 p.m. The event is open to the public at no cost.

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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 Kids Member Update is published four times annually. Comments are welcome.

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*HPM50 njp KIDS MU Winter 2016
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Keeping up to date

GHP Kids makes every effort to remain up to date on the latest and most effective treatment options and preventive health measures.

This is known as “technology assessment or evaluation.” It includes the review of medical data and regulatory status, and the assessment of published, peer-reviewed, controlled clinical trial results, and other scientific evidence. This determines the status and effectiveness of equipment, procedures, and treatments.

GHP Kids has a Technology Assessment Committee made up of physicians and members. This committee volunteers to participate. The Technology Assessment Committee provides recommendations to GHP Kids. GHP Kids determines if the technology or procedure should be a covered benefit.



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 (TTY: 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.

Important insurance fraud information

To help protect you from health insurance fraud, GHP Kids maintains an Anti-Fraud Program to help detect and eliminate fraud and abuse. One of the best ways to help us is to protect yourself. Call us or e-mail FA@thehealthplan.com for information on how to protect yourself.

Important network updates

We're excited to announce that Penn State Health St. Joseph Medical Center in Reading, Pa and Good Samaritan Hospital – now part of WellSpan Health – in Lebanon, Pa now accept GHP insurance. 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 (TTY: PA Relay 711). Members can also use the website to search for hospitals, pharmacies and other service providers.

Renewal information

CHIP coverage runs for a full calendar year (12 months) from the first day of enrollment until one year later. You will receive a renewal letter and renewal form 90 days before the end of the benefit period. The renewal process is easy: we send you a form pre-filled with the information you provided when you applied. All you have to do is update it! You must complete the renewal form and return it to the GHP Kids before the deadline or CHIP coverage will end on the date stated in the letter.

Tips for a healthy smile

Developing good oral health habits at an early age and scheduling regular dental visits helps children get a good start on a lifetime of healthy teeth and gums. Your child's baby teeth are important for many reasons. They are placeholders for adult teeth, and will aid in jaw development, speech development, and allow your child to chew as he or she begins the transition to solid food. Begin each day by brushing your teeth in the morning and again before bed. Follow these tips to help build healthy teeth and gums:

- Clean a baby's gums with a damp soft washcloth after feedings
- Schedule your child's first visit to a dentist by their first birthday
- Schedule additional visits every 6 months to ensure proper tooth development
- Help children with brushing up to age 8 or until good habits are established
- Brush teeth for 2 minutes with a fluoride toothpaste
- Limit sugary drinks and snacks
- Drink water between meals
- Limit 100% juice to 4 ounces per day, given only with a meal
- Rinse the mouth after taking medication
- Floss daily
- Replace toothbrushes every 3 months

Don't forget, National Children's Dental Health Month is just a few months away, in February! Schedule a check-up today. To find a participating dental provider in your area, contact the customer service team at 866-621-5235 from 8 a.m. to 6 p.m., Monday through Friday (TTY: PA Relay 711).



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Enjoy the holidays at Hersheypark

As part of the Accessories Program, all GHP Kids members can save \$4 per ticket for a 1-day visit to Hersheypark's Christmas Candylane in December. Tickets must be purchased online.

Visit <http://tinyurl.com/ghp2015> and enter promo code: 12871. You can visit Hersheypark.com for Christmas Candylane details and hours.

To access our Accessories Program page online, log into TheHealthPlan.com, select "Member Health & Wellness," and click on "Accessories Program."

If you have any questions, call the GHP Kids customer service team at 866-621-5235 (TDD/TTY 711) from 8 a.m. to 6 p.m., Monday through Friday.

