

# Healthy You <sup>FOR KIDS!</sup>



FALL/WINTER  
NEWSLETTER 2024

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# Last Chance to Earn Wellness Rewards

Get rewarded for staying on top of your child's health and wellness! There's still time to earn Wellness Rewards before the end of the year for completing the following activities:

Category	Activity	You'll Earn
<b>Well-Child Visit</b> (members ages 12-18)	Complete an annual well-child visit	\$25
<b>Lead Screening</b> (members up to 2 years old)	Complete an annual lead screening	\$20
<b>Dental Care</b> (ages 0-19)	Complete an annual dental exam	\$20
<b>Prenatal Visit</b>	Complete a prenatal visit within the first trimester of pregnancy or within 42 days of enrollment with Health Partners Plans CHIP	\$25
<b>Postpartum Visit</b>	Complete a postpartum visit 7-84 days after delivery either in person or telehealth with your doctor, or a home visit with a nurse	\$25
<b>Well-Child Visit</b> (newborns)	Complete a well-child visit within 30 days of your baby's date of birth	\$25

Visit [HPPRewards.net](http://HPPRewards.net) to learn more.

## Making the Most Out of Your Coverage

Our member portal is a one-stop shop for everything you need related to your child's coverage! With **HPP Connect**, you can access health information, request a new ID card, print a temporary card, and more!



To get started, **download the free HPP Connect app** right from your smartphone!

Or visit [HPPlans.com/portal](http://HPPlans.com/portal).

# Celebrate All Your Child's Firsts!

Make sure you don't miss any of your child's milestones! From their first roll to their first step, these "firsts" shape their development – and are exciting moments for parents!

The CDC offers a free Milestone Tracker app that helps you monitor your child's important milestones from birth through age 5. Available at [www.cdc.gov/ncbddd/actearly](http://www.cdc.gov/ncbddd/actearly), the app provides tools and checklists so you can make sure your child is growing up healthy and strong.

If you notice your child is not meeting certain milestones, act early. If you have concerns, ask your child's doctor about developmental screenings to find out if your child needs additional support.

## Immunization Reminders



### Routine vaccinations are your child's best defense!

Young children have immune systems that are still growing. This means they can get sick more easily. Vaccines are important because they help make your child's immune system stronger and keep them healthy as they grow.

When your child starts school, they'll be around more germs and might get sick. To keep them safe and healthy, make sure they get all the vaccines they need.

Talk to your child's primary care provider today about their vaccine schedule. These vaccinations will help protect them while they explore, learn, and play!



## Fight the Flu, RSV, and COVID-19

**Flu:** The flu virus is constantly changing, which is why getting a flu shot every year is essential. Health Partners Plans members can get their no-cost flu shot at their doctor's office, in-network pharmacy, or local health clinic.

**RSV (Respiratory Syncytial Virus):** RSV can be very dangerous for babies and young children. A vaccine is now available that can help keep your child safe – ask your doctor for more information.

**COVID-19:** A vaccination can lower the risk of you and your family getting COVID-19 – it's your best protection. Talk to your doctor today!



## Winter Watch: Keeping Your Little Ones Safe

As temperatures drop, don't forget to bundle up your little ones. Children lose heat faster than adults, so layering their clothing helps keep them warm and comfortable.

Young children can't always tell us when they're cold, which puts them at risk for hypothermia or frostbite.



### Don't forget the essentials!



**HATS**



**GLOVES**



**BOOTS**



**Watch for early signs of frostbite.** If you notice any of the below signs, bring your child indoors and seek medical attention immediately.



Pale or grey skin



Slurred speech



Shivering



Unusual fatigue

## Hand, Foot, and Mouth Disease: Prevention Tips

Hand, Foot, and Mouth Disease (HFMD) is a common and contagious viral illness that mostly affects children under age five. Kids in daycare or school settings are at higher risk due to close contact with others who may be infected.

### 5 Easy Ways to Prevent HFMD:



**Practice good hygiene** by washing hands with soap and water



**Disinfect surfaces** like toys, doorknobs, and other commonly touched objects



**Avoid sharing** items like cups or utensils



**Act quickly** on symptoms such as fever, rash, or mouth sores and tell your child's doctor



**Stay informed** with your child's caregivers about any HFMD outbreaks



# A Parent's Guide to Mental Health

Mental wellness is just as important as physical health for your child. That's why mental health, including suicide, is an important topic to discuss with your child and their doctor.

Sadly, suicide remains a leading cause of death among young people. Suicide attempts can stem from impulsive behaviors in younger children linked to emotional distress and attention issues. Teenagers often experience bullying, peer pressure, personal doubts, disappointment, and loss.

**Depression and thoughts of suicide are serious conditions that can affect young people, but they are treatable. If your child is struggling, seek help from a mental health professional. They can provide a proper diagnosis and create a treatment plan to help your child feel better. Early intervention can make a big difference.**



## Get Help

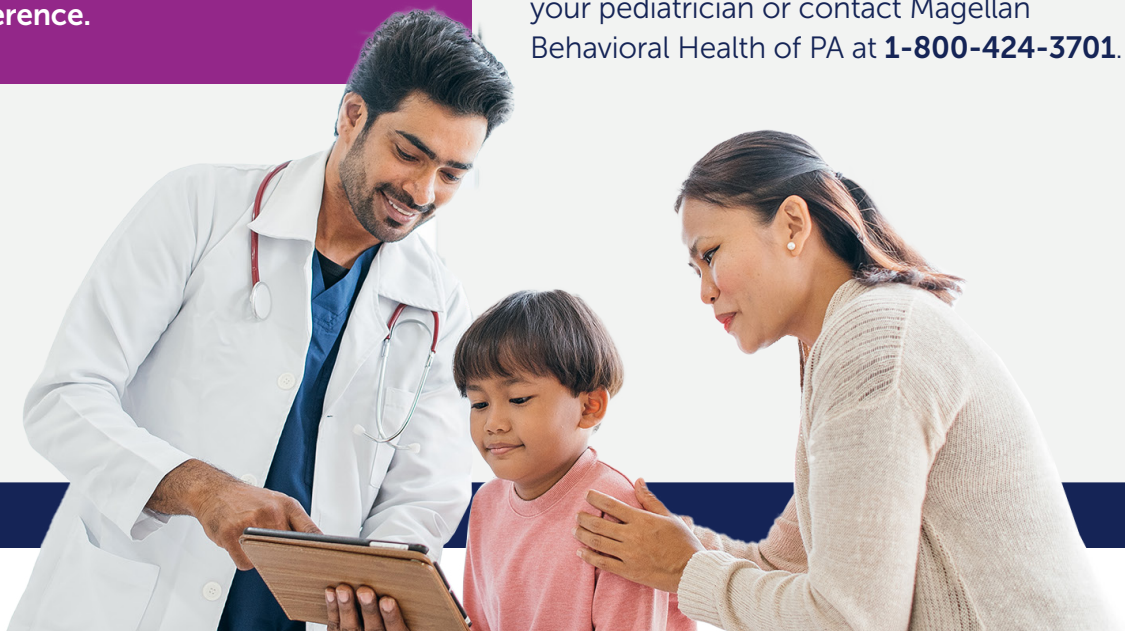
Start conversations about mental health with help from [MentalHealth.gov's](#) Parents and Caregivers page.

Equip your child's phone with several emergency numbers:

- A trusted friend or relative
- Local police department's non-emergency number
- Crisis Text Line: **741741**
- Suicide and Crisis Lifeline: Call **988**
- National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**

Visit NIMH's Help for Mental Illnesses webpage for additional information: [www.nimh.nih.gov/health](http://www.nimh.nih.gov/health)

If you need assistance with finding a mental health professional, please contact the Healthy Kids Department at **215-967-4690 (TTY 1-877-454-8477)**. You can also consult your pediatrician or contact Magellan Behavioral Health of PA at **1-800-424-3701**.





# Growing Up Strong

A pediatrician is your child's health care partner, not just a doctor for when they are sick. Routine well-child visits are important, even if your child is completely healthy!

For younger children, well visits help you make sure your child is hitting their important developmental milestones. As kids get older, these check-ups become a space to discuss personal concerns and talk about the challenges of growing up.

### Here's what you can expect during well-child visits:

- Tracking growth through measurements of weight, height, and, until age three, head size
- Monitoring physical and developmental progress
- Checking that developmental milestones are met
- Evaluating mental and emotional health
- Administering necessary vaccines, including those for school and seasonal flu shots
- Conducting physical exams for sports or physical education

# Protect Your Child: Schedule a Lead Screening Today!

Has your child been exposed to lead? A simple blood test can determine if your child has been exposed. Lead exposure can have negative effects on a newborn or young child's development, including trouble learning, behavior problems, and hearing loss.

Lead can hide in unexpected places such as old paint, chipped toys, and even tap water. Protect your child by regularly washing their hands, cleaning surfaces they touch, and using cold water for drinking and cooking.

Talk to your child's doctor to schedule a free lead screening today! If you need help making an appointment or finding a doctor, call Member Relations at **1-800-553-0784 (TTY 1-877-454-8477)**.





# Safeguard Your Health Info

It's important to keep health information safe. Committing fraud, waste, and abuse is a serious crime. People who use health information in the wrong way could lose their health insurance, pay big fines, or even go to jail.

By staying alert and reporting suspicious activities, you play an important role in preventing health insurance fraud and protecting your benefits.

## What are some common types of health insurance crimes?

- Using someone else's insurance card or ID number for medical services.
- Medical providers charging for services not provided or billing for different services than those actually provided.
- Receiving unnecessary medical items or services.
- Selling prescribed medicine to others.
- Medical identity theft, where someone uses another person's identity to receive medical services or make false claims, this may lead to incorrect medical treatments or depleted benefits.

## How can I keep my information safe?

- Treat your child's health insurance ID card with the same security as a credit card.
- Never share your child's medical insurance number or personal health details with salespeople – Health Partners Plans care coordination staff will ask you to confirm your identify prior to discussing a child's personal health details.
- If your child's insurance ID card is lost, immediately report it to Member Relations.

## What should I do if I suspect fraud?

- Reports can be made in different ways:
- Phone: Call our Special Investigations Unit hotline at **1-866-477-4848** (calls can be made anonymously).
- Online: Hotline reporting can be made anonymously at <https://www.mycompliancereport.com/report?cid=JEFF>.
- Email: Send tips to [SIUtips@jeffersonhealthplans.com](mailto:SIUtips@jeffersonhealthplans.com).
- State Reporting: Contact the Pennsylvania Department of Human Services at **1-866-379-8477**.



Member Handbook



You can read and download your Member Handbook online at [HPPlans.com/KPhandbook](https://www.HPPlans.com/KPhandbook). If you have any questions, please call Member Relations at **1-888-888-1211** (TTY **1-877-454-8477**).

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**Website:** [HPPlans.com](https://www.HPPlans.com)

**Member Relations:** 1-888-888-1211  
(TTY 1-877-454-8477)

**Member Portal:** [HPPlans.com/Portal](https://www.HPPlans.com/Portal)

**Member Handbook:**  
[HPPlans.com/KPhandbook](https://www.HPPlans.com/KPhandbook)

 [Jefferson Health Plans](https://www.facebook.com/jeffersonhealthplans)

 [@jeffersonhealthplans](https://www.instagram.com/jeffersonhealthplans)



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**ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-888-888-1211 (TTY 1-877-454-8477).**

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-888-1211 (TTY 1-877-454-8477).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-888-1211 (телетайп 1-877-454-8477).