

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



Pennsylvania's Children's  
Health Insurance Program  
**We Cover All Kids.**



**Health  
Partners Plans**

**SPRING/SUMMER  
NEWSLETTER 2025**

**Fun, Free  
Wellness Events  
for the Family**

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## Hop, Skip, Spring! Easy Ways to Get Moving

Staying active is important for kids to grow strong, stay healthy, and have fun! With warmer weather and longer days, spring is the perfect time to get outside and move.



**Here are some simple ways to stay active this season:**



### Walk It Out

Take a family stroll in your neighborhood or a nearby park.



### Sidewalk Challenge

Use sidewalk chalk to create a fun obstacle course with hopping, spinning, and balancing activities. Let kids design their own!



### Ride & Roll

Grab a helmet and go for a bike or scooter ride in your neighborhood.



### Scavenger Hunt

Make a list of things to find outside (like a red car, a butterfly, or a cloud with a funny shape) and check them off.



**You can keep your body moving, rain or shine!**



### Go Virtual

Join a free online class from Wellness Partners. There's something for everyone! Visit [HPPlans.com/WellnessPartners](https://www.hppplans.com/WellnessPartners) to find a class. Learn more on page 4.



### Hit the Gym

Health Partners Plans members also get FREE gym memberships! Find a participating fitness center near you at [HPPlans.com/Fitness](https://www.hppplans.com/Fitness).

Find what works for your family, have fun, and enjoy the benefits of an active lifestyle this spring.



# Get to Know Your Child's Health Plan

View the member handbook from Health Partners Plans CHIP for more information on:

- What benefits are and are not covered
- Access to medical care including after hours, urgent, and emergency care
- Case management and care coordination services
- Pharmacy drug lists, updates, and how to ask for an exception if your child's prescription is not on our covered drug list
- The online provider directory tool to search for providers, specialists, and hospitals in your child's plan, including how your child can get care outside of the plan
- Your child's member rights and responsibilities and our Notice of Privacy Practices
- Utilization Management (UM) and preapprovals of care
- Updates on new medical treatments, health procedures, and policies
- Services that may require copayments
- How to file a complaint or appeal, or request an external review
- Membership needs and evidence based clinical practice guidelines for physical health topics/treatment of disease
- How to get help in a language other than English

Your managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered.

You can read and download the Member Handbook online by visiting [HPPlans.com/KPhandbook](https://HPPlans.com/KPhandbook).

If you have any questions, please call Member Relations at **1-888-888-1211 (TTY 1-877-454-8477)**.

## CHECK OUT WHAT'S NEW ON HPPLANS.COM!

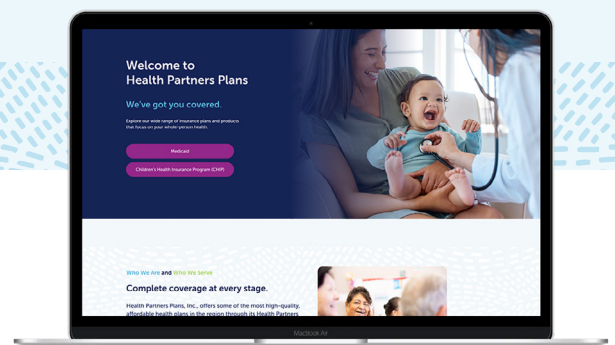
### Have you seen our new website?

We redesigned it with you in mind, making it easier than ever to find the information and support you need.

With just a few clicks, you can:

- Find a doctor near you
- Learn more about your benefits and what's covered
- Get wellness resources for the whole family
- Access the member portal to manage your plan
- Stay updated with news, announcements, and past newsletters

Visit [HPPlans.com](https://HPPlans.com) today to see what's new!



# Fun, Free Wellness Events for the Family



Looking for fun ways to stay active and healthy? Wellness Partners offers free in-person and virtual activities designed to help parents and kids stay active, learn healthy habits, and enjoy time together.

From weekly yoga classes and nutrition workshops to annual zoo events, there's something for everyone.

Whether you prefer joining from home or attending in person, Wellness Partners makes it easy to stay connected. Visit [HPPlans.com/WellnessPartners](https://www.hppplans.com/WellnessPartners) today to explore upcoming events.



**Questions?** Call **215-967-4514** (TTY **1-877-454-8477**)

Monday – Friday, 9 a.m. – 5 p.m. or email [WellnessPartners@hppplans.com](mailto:WellnessPartners@hppplans.com).



# Know Where to Go: Schedule a Well-Child Visit

As a parent, you want to make the best choices for your child's health. One of the most important things you can do is schedule regular well-child visits with your child's Primary Care Provider (PCP). These visits help track your child's growth, keep vaccinations up to date, and catch health concerns early. Don't wait until your child is sick—schedule their next well visit today!

**Health Partners Plans CHIP members have a \$0 copay for well-child visits!**



## PRIMARY CARE PROVIDER

Routine care



### USE FOR:

Yearly well-child visits, vaccinations, sick visits, and ongoing care. Your child's PCP can also refer them to a specialist, as needed, for treating a specific medical condition.



## VIRTUAL CARE

24/7 access through JeffConnect or Teladoc



### USE FOR:

Common medical concerns like colds, coughs, fevers, digestive issues.



## URGENT CARE

Walk-in appointments and extended hours



### USE FOR:

Minor allergic reactions, asthma attacks, sprains, cuts.



## EMERGENCY ROOM

Life-threatening emergencies



### USE FOR:

Severe asthma attacks, trouble breathing, exposure to toxins, major injury, and other medical emergencies.



If you need help finding a doctor, visit [HPPlans.com/hpdocs](https://www.hppplans.com/hpdocs) or call Member Relations at **1-888-888-1211 (TTY 1-877-454-8477)**.



# Extra Support for Your Health: Care Coordination

Managing your health can feel overwhelming, but you don't have to do it alone. Our Care Coordinators are here to help!

**We offer specialized programs to help your child get the care they need:**



### **BABY PARTNERS**

Support for expecting moms and after delivery



### **PEDIATRIC CARE COORDINATION**

Help for parents managing their child's health needs

## What Can a Care Coordinator Do?

A Care Coordinator is a nurse or social worker who works with your child's doctors to help you and your child:



Reach health goals and understand health plan benefits



Coordinate appointments with multiple doctors



Learn more about health conditions and important checkups



Connect you with services for food, utilities, and transportation

Participation is voluntary and available at no cost. Help is based on your individual situation.

To get started, log into the member portal at [HPPlans.com/Portal](https://HPPlans.com/Portal) to take a quick survey or call Member Relations at **1-888-888-1211** (TTY **1-877-454-8477**).





# A Guide to Managing Your Child's Asthma

Asthma is one of the most common childhood conditions. With the right care, your child can stay active, sleep well, and avoid serious asthma attacks.



## What are the Symptoms?

Asthma makes the airways sensitive and inflamed, which can be triggered by pollen, colds, or smoke. Common symptoms include:

- Frequent coughing, especially at night or after exercise
- Wheezing or whistling sounds when breathing out
- Shortness of breath or rapid breathing
- Chest tightness or congestion

If your child has any of these symptoms, schedule a visit with their doctor.



## Seek emergency care if your child:

- Struggles to breathe or speak in full sentences
- Uses stomach muscles to breathe, or their ribs pull in when inhaling
- Has widened nostrils while breathing in

Check in with your child's doctor — Regular visits help ensure their asthma treatment is working. Asthma changes over time, so work with your child's doctor to adjust their care plan as needed. Keeping asthma under control helps your child breathe easier and enjoy life to the fullest!

## How to Prevent Asthma Attacks

While asthma can't be cured, you can help your child manage symptoms with these steps:

- ✓ **Know asthma triggers** — Avoid the allergens and irritants that trigger symptoms.
- ✓ **Take medications as ordered by the doctor** — Keep up with daily control medications to help prevent flare ups.
- ✓ **Keep smoke away** — Secondhand smoke is a common trigger.
- ✓ **Encourage activity** — With proper asthma management, regular physical activity can help strengthen the lungs.
- ✓ **Maintain a healthy weight** — Being overweight can worsen symptoms.
- ✓ **Have an action plan** — Work with your child's doctor to make a plan to help prevent asthma attacks and learn how to handle symptoms quickly so they don't get worse.



## SPRING/SUMMER NEWSLETTER 2025

# Healthy You FOR KIDS!



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

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

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

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



Health Partners Plans 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: 1-888-888-1211 (TTY 1-877-454-8477)

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-888-888-1211 (TTY: 1-877-454-8477) o hable con su proveedor.

**注意:**如果您说[中文],我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务,以无障碍格式提供信息。致电 1-888-888-1211 (文本电话:1-877-454-8477) 或咨询您的服务提供商。