

Healthy You ^{FOR KIDS!}



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



**Health
Partners Plans**

part of  **Jefferson**

**FALL/WINTER
NEWSLETTER 2025**

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Made Easy**

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We're Here to Help: Finding Care Made Easy

When it comes to your child's health, we know that convenience and peace of mind matter. That's why we're here to make finding care and scheduling appointments as easy as possible — whether it's for medical, dental, or vision services.

Here's how we can help:



Need a doctor?

Your child has access to our large network of health care providers! Whether it's a routine checkup, a specialist, or any other care your child needs, you can easily find a doctor close to home.

Use our provider directory at HPPlans.com/kpdocs to search for doctors nearby.



Need help scheduling an appointment?

You don't have to handle it all on your own! We can assist in scheduling appointments for medical, dental, and vision services. If you're not sure where to take your child for care, we'll guide you to the right place.

Call Member Relations at 1-888-888-1211 and we'll take care of the rest!



Get care quickly with virtual care

As a Health Partners Plans CHIP member, your child can see a doctor from home for non-emergency issues. Access Jefferson providers 24/7 through JeffConnect.

Download the JeffConnect app from the App Store or visit JeffConnect.org.

Learn more about Telehealth options available to you by scanning the QR code.



Don't Lose Your Benefits!

To keep your child's benefits with Health Partners Plans, it's important to stay on top of your CHIP renewal. You'll receive a renewal packet in the mail from the Department of Human Services (DHS) when it's time to renew your coverage.

When you receive your renewal packet, make sure to complete it and return it on time. Even if nothing has changed, you should still submit your renewal. Double check that your contact details, like your address and phone number, are up to date.



Don't risk losing coverage — complete your child's renewal today!

You can easily renew online at dhs.pa.gov/COMPASS or in person at your local County Assistance Office (CAO). If you need assistance, our Community Connect team is here to help. Call us at **1-888-435-1995** or email communityconnect@hpplans.com.



Scan to find your CAO

Help Stop Fraud, Waste, and Abuse

Fraud, Waste, and Abuse (FWA) are serious issues that can affect your health care. When these things happen, they lead to higher costs, lower quality of care, and can increase your premiums. That's why it's important for you to recognize these behaviors and understand how they can impact you directly as a Health Partners Plans member.

Common examples include:

- **Fraudulent billing:** A doctor charges for services that were never provided or for treatments that weren't necessary.
- **Insurance fraud:** Sharing your member ID card with others may seem harmless, but it's illegal. Allowing someone to use your card can lead to serious consequences.
- **Unnecessary medications:** Getting prescriptions for medications you don't need or giving them to someone else is another form of fraud.

How to report Fraud, Waste, or Abuse:

- **By phone:** Call our Special Investigations Unit hotline at **1-866-477-4848** (you can remain anonymous).
- **Online:** Submit a report anonymously at www.mycompliancereport.com/report?cid=JEFF.
- **Email:** Send tips to SIUTips@jeffersonhealthplans.com.
- **State Reporting:** Contact the Pennsylvania Department of Human Services at **1-866-379-8477**.

Take a moment to complete the word search below, and see how many terms related to Fraud, Waste, and Abuse you can find!

T	N	W	A	S	T	E	D	F	D
G	R	O	F	R	A	U	D	R	O
M	U	E	T	I	K	C	E	I	C
R	E	P	A	N	D	Q	R	E	T
M	R	D	C	T	E	C	X	N	O
A	E	V	I	O	M	E	A	D	R
B	P	M	G	C	D	E	D	R	I
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NOT NEEDED

ID CARD

FRAUD

REPORT

WASTE

TREATMENT

MEMBER

MEDICINE

ABUSE

FRIEND

DOCTOR

SHARE

Answers
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How to Support Your Child's Mental Health This School Year

The start of a new school year can bring excitement, but it can also be stressful for kids. Between adjusting to new routines, schoolwork, and social pressures, it's important to stay aware of your child's emotional well-being.

Here's how you can help:

- **Talk to your child.** Ask them how they're feeling about school. Open, honest conversations can make it easier for them to express their concerns or fears.
- **Rethink the pressure.** School can be tough, especially when there's pressure to excel academically or fit in socially. Make sure your expectations aren't contributing to their stress. Encourage a healthy balance of work, rest, and play.
- **Watch for warning signs.** Some kids may not say how they feel. Look for changes like trouble sleeping, behavior issues, or a drop in school performance. These could be signs they need support.
- **Get support when needed.** If your child seems overwhelmed or you're not sure how to help, don't hesitate to talk to a counselor, therapist, or your child's doctor. Getting the right help can make a big difference.

Remember, as a parent, you're not alone. Our Member Relations team or your child's doctor can provide assistance with finding mental health resources for your family.





Protect Your Child this Winter with Key Vaccines

As the colder weather settles in, it's important to make sure your child is protected from common illnesses. Vaccines are a safe and effective way to help prevent serious health issues. Here are some important vaccines to consider for your child this season — and the good news is, they're all covered by your plan at no cost to you.

Flu Vaccine

The flu shot is recommended for everyone six months and older. It's especially important for young children to get their flu vaccine every fall to stay protected during flu season and reduce the risk of serious illness.

Respiratory Syncytial Virus (RSV) Vaccine

RSV can cause cold-like symptoms and, in some cases, lead to more serious health issues. The RSV vaccine can help reduce the risk of complications, especially in younger children.

Schedule a Lead Screening Today!

Lead exposure can be hard to detect. Left unchecked, young children can develop learning difficulties, behavior problems, and hearing loss.

Lead can be found in places you might not expect, such as old paint, painted toys, cosmetics, and tap water. Protect your child by taking these steps:

- Wash your child's and your hands, especially before meals and food prep
- Clean surfaces they touch regularly
- Let tap water run for one minute before using and use cold water for drinking and cooking

Lead screenings are quick and easy. Your child's doctor can schedule one for free or you can call our Pediatric Care Coordination team at **1-866-500-4571** for more screening options.



Fresh Ways to Stay Active as Temperatures Fall

As the temperatures drop, it's still important to keep your child active. Here are some fun and simple ways to stay active together during the colder months:

 **Fall bike rides:** Enjoy the crisp air and colorful leaves with a family bike ride through your neighborhood. Don't forget helmets for everyone!

 **Nature scavenger hunts:** Bundle up and head to a local trail for a hike. Turn it into a scavenger hunt by looking for specific leaves, rocks, or even animals.

 **Virtual Fitness:** Stay fit at home with free online classes for the whole family. Visit [HPPlans.com/WellnessPartners](https://www.hppplans.com/WellnessPartners) to view the calendar.

 **Fitness center membership:** Get your indoor workouts started early this fall! Health Partners Plans CHIP members enjoy free fitness center memberships — no copays and no minimum visit requirements.

Stay active year-round with a free fitness center membership!

To sign your child up for their free fitness center membership, simply visit a participating fitness center and show their Health Partners Plans ID card. It's that easy! For more details and to find a fitness center near you, visit [HPPlans.com/fitness](https://www.hppplans.com/fitness).

Is it Time for a Dental Checkup?

Taking your child for regular dental checkups every six months helps keep their smile healthy and strong. At the dentist, your child can also receive fluoride varnish and dental sealants, which help protect against cavities. Both are included in your dental benefits!

With the season bringing more sweets and treats, it's especially important to brush regularly and keep up with routine dental visits.

If you need assistance with scheduling a dental appointment for your child, reach out to Member Relations at **1-888-888-1211** (TTY 1-877-454-8477). We're happy to help!



6 Tips for Parents on Navigating ADHD

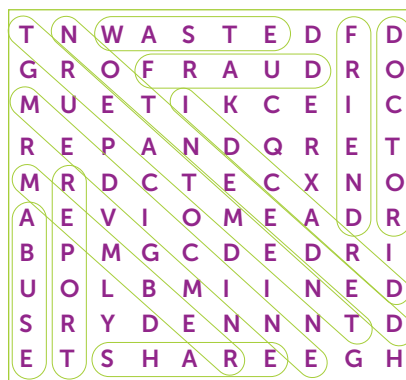
Raising a child with ADHD can sometimes feel like a lot to handle. But with the right tools, your child can succeed and feel confident. Here are six tips that may help:

- 1 Celebrate their strengths**
Kids with ADHD often shine in areas like creativity or problem-solving. Point out these strengths to build their confidence.
- 2 Create clear routines**
Consistency helps. Set regular times for meals, homework, and bedtime to give your child structure and lower stress.
- 3 Break tasks into small steps**
Big jobs can feel overwhelming. Divide them into smaller steps so your child can focus and feel proud of their progress.
- 4 Use praise and rewards**
Recognize your child's efforts, even the small ones. Praise and rewards encourage positive behavior and boost self-esteem.
- 5 Encourage movement**
Exercise can help improve focus and get some energy out. Your free fitness membership can help! See page 6 for more information.
- 6 Work with teachers**
Talk often with your child's teachers so they get the right support at school. Teamwork between home and school makes a big difference.



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Healthy You FOR KIDS!



Page 3 answer key

Website: HPPlans.com/CHIP

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

Member Portal: HPPlans.com/Portal

Member Handbook:
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。