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## Doctor visits are important for teens

For adolescents, ages 11 through 21, well visits are very important. These visits are often overlooked because parents and children may think they are finished with these routine visits, or that a sports physical exam is sufficient.

Although most children complete their primary series of immunizations and boosters by age six, well visits allow adolescents, parents and health care providers to work together in keeping your family healthy and safe.

The most effective visit to the doctor is when the person is not ill and attention can be better focused on preventive health measures.

The American Medical Association's Department of Adolescent Health recommends that adolescents should have annual visits to their physician for preventive services and at least three full physical exams between the ages of 11 and 21.

Well visits give providers the opportunity to offer guidance, monitor risky behaviors and assess physical development.

These visits also help adolescents develop a relationship that will promote open communication with their health care provider.

During these years, adolescents experience many physical and mental changes. It's important for them to be able to openly discuss issues such as growth and development, reproductive health and sexuality, substance abuse and tobacco use, mental health and depression, nutrition and physical activity, or any other concerns.

Well visits offer the opportunity to reinforce a healthy lifestyle to both adolescents and their parents.



## Member ID cards now list copay amounts

Geisinger Health Plan is making some helpful changes to the 2008 member identification cards. The new cards will list copay amounts for primary care providers (PCP), specialty care providers (Spec) and emergency room (ER) visits.

Members who have a prescription plan will also see their prescription copays and deductibles listed on the ID card.

Look for your new card when your plan renews. When you receive your new card, check to make sure the information matches your Face Sheet.

*Note:* an issue date is listed on the back of your ID card. This date is not your plan effective date.

If you have any questions about your new ID card, please call the Customer Service Team at the number listed on the back of your card.

		<b>HMO</b>	
<b>XXXXXXXXXXXXXXXXXXXXXXXXXXXX28</b>	PCP Copay	\$15	
ID #: <b>xxxxxxx09</b>	Spec Copay	\$25	
Medical Record #: <b>xxxxxxx08</b>	ER Copay	\$100	
Primary Care: <b>xxx05</b>	Rx Copay	\$10/20/50	
XXXXXXXXXXXXXXXXXXXXXXXXXXXX37	Rx Deductible	\$100 single	
Office #: <b>xxx-xxx-xxxx</b>			
Tel-A-Nurse #: <b>xxx-xxx-xxxx</b>			
<a href="http://www.thehealthplan.com">www.thehealthplan.com</a>			

# Take a more active role in your health care online!

Geisinger Health Plan continues to expand and update the resources available on our Web site, thehealthplan.com. If you haven't checked out our Web site lately, now is a great time to see what it has to offer. For 2008, we have added many new interactive tools and valuable information for our members. Some of these updates are described below. Look for the *New* icon on our Web site to find other exciting updates.

For security reasons, many of these tools are only available to registered users. To register, click on *New User Registration* in the upper right corner of the screen.

## Member Service Center

Geisinger Health Plan has added a new section to our Web site called the Member Service Center. This service center will allow members to track and manage important information about their plan. Members can view their benefit documents and eligibility information, check on the status of claims and authorizations, and view their Explanation of Benefits (EOB). In addition, members will also be able to use the service center to change their primary care provider (PCP) and request a new ID card. To access this tool, click on *Service Center* along the right side of the screen in the member section of our Web site.

## Health and wellness links

The member section of our Web site also has new links to a variety of interactive health and wellness tools. These tools will help members determine risk factors, and provide guidance on preventive health issues and ways to improve your health based on your input. Some of the available tools include quizzes about breast and cervical cancer prevention, adult and adolescent vaccines, and smoking cessation. The Web site also has links to a childhood immunization scheduler, a depression self-assessment and much more. You can find these links by clicking on *Wellness Information* at the right side of the screen in the member section of the Web site.

## Tel-a-Nurse Online

On Tel-a-Nurse live chat, nurses can answer questions about health information and guide you to online health resources. To chat with a nurse, click on *Information for Members* along the right side of the screen in the member section of our Web site. Then choose *Chat live with Tel-a-Nurse* and follow the instructions.

This service should only be used for health information. If you are currently having symptoms and need to know what to do next you should call Tel-a-Nurse at (877) 543-5061 or your provider.

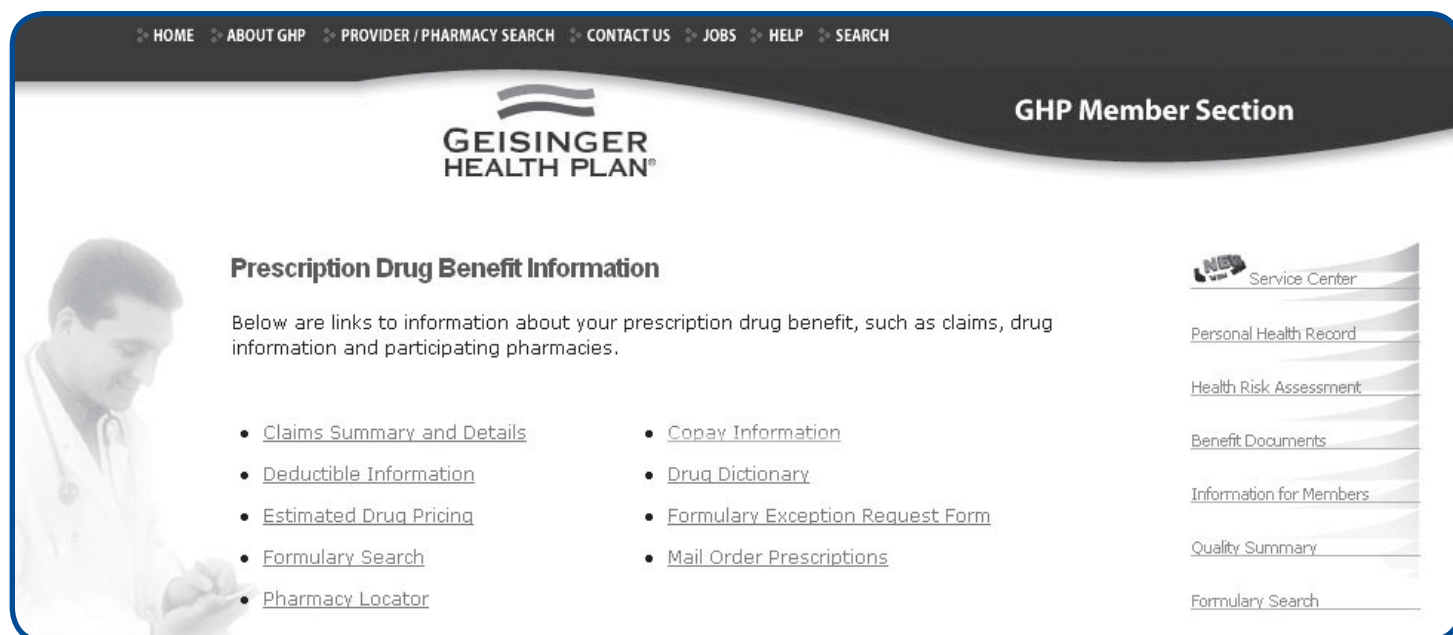
When you call Tel-a-Nurse, a staff of specially trained nurses is available 24 hours a day, 365 days a year to provide you with medical advice in urgent and routine situations.

## Detailed pharmacy information

Geisinger Health Plan also added a link to give members access to detailed pharmacy information. Members can find drug interactions, common side effects and risks of certain drugs. Members can also check if a generic substitute is available for a specific medication and can determine financial responsibility, including estimated drug pricing, copays and deductibles. To access this tool, click on *Information for Members* along the right side of the screen in the member section of our Web site. Then choose *Prescription Drug Benefit Information* from the menu.

## Pricing tool

Look for a new section on our Web site that will help members determine the approximate cost of a planned service. Members can enter the procedure code for a service, which can be obtained from their provider. Since costs for services may vary from provider to provider, members will see an estimate of the lowest and highest cost for each service. To access this tool, click on *Information for Members* along the right side of the screen in the member section of our Web site. Then choose *Estimate Procedure Costs* from the menu. Members can also call the Customer Service Team for help using this tool.



# New physicians

This list includes new PCPs who have joined the Health Plan since October 1, 2007. For more information on these and other participating providers, please visit our Web site, [thehealthplan.com](http://thehealthplan.com), or call the Customer Service Team Monday through Friday, 8 a.m. to 6 p.m., at (800) 447-4000.



## Allegheny

### Family Practice

Lawrence Ferlan, MD  
Margaret L. Martin, MD  
Balakrishna R. Ragoor, MD  
Syeda R. Shergill, MD

### Internal Medicine

Andreas N. Achilleos, MD  
Andrew C. Adams, MD  
David L. Blinn, MD  
Marc A. Capitano, MD  
Kofi Clarke, MD  
George A. Dimitriou, MD  
Melissa L. Dosch, DO  
Monica P. Dua, MD  
Elie L. Francis, MD  
Raymond M. Gallon, MD  
Margaret Kush, MD  
Emanuel E. Mamatias, MD  
Fredric W. Martin, MD  
Joel E. Martin, MD  
Matthew J. McCall, MD  
Thomas A. McClure, MD  
Gregory L. Molter, DO  
M.H.V. Murthy, MD  
Kenneth C. Plowey, DO  
Edwin Q. Ravano, MD  
Christina M. Sabeh, MD  
Joseph G. Sabol, MD  
Mary Lynn Sealey, MD  
David H. Shin, MD  
Jennifer A. Stasko, MD  
Jamie L. Stern, MD  
Anne L. Tilley, DO  
Maria D. Vornicu, MD

## Berks

### Family Practice

Louis M. Kleiman, DO  
Roland W. Newman, DO  
Kimberly M. Rauenzahn, DO

### Internal Medicine

Shirish Parikh, MD

## Blair

### Family Practice

Michael A. Pedone, DO

## Cambria

### Family Practice

Mark Kielbiowski, MD  
Michael A. Pedone, DO  
Joseph Sabo, MD  
Michael J. Warner, DO

### Internal Medicine

Phillip J. Turco, MD

## Columbia

### Pediatrics

Susan Kao Uy, DO

## Cumberland

### Internal Medicine

Golam Mostofa, MD

### Pediatrics

Lori R. Deschene, MD

## Dauphin

### Pediatrics

Loretta Chapman-Rolle, MD

## Huntingdon

### Family Practice

Feyisitan A. Adebajo, MD  
David Harnish Clymer, DO

### Internal Medicine

Robert C. Lamey, MD

## Lackawanna

### Internal Medicine

Quaser Ruhul Amin, MD  
Allen James Orehek, MD

### Internal Medicine - Pediatrics

Allen James Orehek, MD

## Lancaster

### Family Practice

William A. Carter, MD  
Susanne Engler-Scott, MD  
David W. Hartley, MD  
Susan M. Hogg, MD  
Randy L. Kochel, MD  
Jon D. Lepley, DO  
Stephanie A. McKnight, MD  
Janice C. Tindall, MD  
John C. Wood, MD

## Internal Medicine

Mihaela Andrian, MD  
Jennie M. Barbieri, MD  
Michael C. Manolas, MD  
Thomas C. Overholt, MD

## Lehigh

### Family Practice

Meng-Cjao Lee, DO  
James L. Martin, MD  
Kevin A. McNeill, MD  
Victorino A. Sandoval, MD

### Internal Medicine

Hiralal N. Rana, MD

### Pediatrics

Becky A. Thomas-Creskoff, MD

## Luzerne

### Family Practice

Roy W. Gernhardt, MD  
Debra Thompson Miller, MD

## Lycoming

### General Practice

Robert Joseph Hynick, DO

## Northampton

### Family Practice

Gregory S. Todd, DO

### Internal Medicine

Ravi T. Makwana, MD  
Hiralal N. Rana, MD

## Somerset

### Family Practice

Alfred J. Poggi, DO

## Tioga

### Internal Medicine

Walter J. Laibinis, DO

## Wayne

### Internal Medicine

Quaser Ruhul Amin, MD  
Allen James Orehek, MD

### Internal Medicine - Pediatrics

Allen James Orehek, MD

## Westmoreland

### Internal Medicine

Paul A. Reilly, MD

## York

### Family Practice

Debra M. Altland, MD  
Eric Barr, DO  
Melissa A. Baylor, DO  
Douglas Wesley Brenneman, DO  
Gary Czulada, DO  
Drake P. DeHart, DO  
Ann Reutter Miller, DO  
Preeti M. Murudkar, MD  
Karen M. Smith, MD  
Larry Smith, MD  
Beverly Uniacke, MD  
Gordon J. Zubrod, MD

### Internal Medicine

R. Eric Mathews, MD  
Satish Chandra Talluri, MD

### Pediatrics

Vidyasagar Reddy Bollampalli, MD

# Formulary updates

## Medications deemed non-formulary:

Exforge \*, t  
Veramyst \*, t  
Xyzal \*, t

**Zyrtec** will now be available over-the-counter (OTC). Therefore, Zyrtec will no longer be covered for members who received a prior authorization for this non-formulary drug in the past.

Effective April 1, 2008, **Neupogen** and **Neulasta** will require prior authorization for the traditional and triple tier benefits. Existing users will be grandfathered. New users who request coverage after April 1 will need to follow the exception process.

Effective April 14, 2008, **Allegra-D** will require prior authorization for the traditional benefit and will move to tier 3 for the tiered benefit. Existing traditional benefit users will be grandfathered. Current tiered users will see an increased copay level to tier 3. New users who request Allegra-D coverage after April 14 will need to follow the exception process for members with the traditional benefit.

**Zyrtec-D** and **Claritin-D** are available OTC for members to purchase. These drugs are not covered under the any pharmacy benefit because of the OTC status.

## Prilosec 40mg update for members who have the traditional pharmacy benefit:

The generic form of Prilosec, omeprazole, is not available in 40mg capsules, but is available in 20mg capsules. Two omeprazole 20mg capsules can be used to equal one Prilosec 40mg dose. Due to the generic availability of Prilosec 20mg, effective April 14, 2008, Prilosec 40mg will no longer be covered unless prior authorization is obtained. If you currently use Prilosec 40mg capsules, please consider asking your provider to switch you to an equivalent dose using omeprazole 20mg capsules instead. Note that you may need a new prescription from your provider.

\* = requires prior authorization under the non-tiered benefit

t = requires prior authorization under the tiered benefit

For the most recent formulary information, members can search the formulary online at [thehealthplan.com](http://thehealthplan.com). A printed version is also available by contacting the Pharmacy Customer Service Team at (800) 988-4861.

## Geisinger Health Plan Member Update

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Comments are welcome.

Please write:

**Editor**

**Geisinger Health Plan  
Member Update**

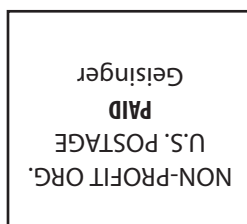
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For questions about your plan, phone  
(800) 447-4000 weekdays between  
8 a.m. and 6 p.m.

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