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Geisinger Health Plan and Geisinger Choice are collectively referred to as "Geisinger Health Plan" or "GHP" unless otherwise noted.

Asthma and Allergy Awareness Month

Seasonal asthma triggers and care

With spring in the air and summer around the corner, asthma has more tendency to flare-up from seasonal triggers, such as pollen, grasses, and dust mites; smoke, air fresheners, and perfumes; and even viral infections, weather changes and physical activity.



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Many doctors provide a detailed asthma action plan for their patients. If you have asthma or know someone who has asthma, it's important to be aware of the individual's action plan as well as common signs and symptoms. Common signs and symptoms of an asthma flare-up include wheezing, coughing, chest tightness, and shortness of breath.

Flare-ups can be life threatening and demand immediate attention. Be sure to follow the directed asthma plan or, if more severe, seek emergency medical care immediately.

**Asthma and allergy information credited to kidshealth.org and abc.com*

Health management program

Adult and pediatric asthma

Our case management/health management programs differ from most. Our case managers (CMs) and health managers (HMs) work with you in one-on-one sessions, by phone or via the Web, to set personal goals and complete an action plan that will help you make the best decisions.

In our asthma program, CMs and HMs work with you and your family to educate you about medications, proper use and cleaning of inhalers, spacers and nebulizers, and peak flow monitoring. We also assist you and your provider with developing an action plan to control asthma symptoms and manage attacks.

For more information, call the toll-free number on the back of your member ID card or visit the member section of our website at thehealthplan.com

Allergy season is upon us

Due to a lot of precipitation during late winter and warmer temperatures settling in, allergy experts across the nation are warning allergy sufferers to prepare for a longer allergy season this year.

With a longer allergy season, surviving the effects of allergies becomes imminent. Doctors suggest some useful survival strategies to make it through:

- **Gauge it:** Get an official allergy test to confirm you're treating the correct problem
- **Treat early:** Whether using medications or eye drops, start treatment early. Don't wait until symptoms are unbearable
- **Know the levels:** Make it a point to check your local allergy levels and avoid outside activity when levels are high
- **Be shady:** Wear large sunglasses or a wide-brimmed hat to keep pollens from getting in your eyes
- **Cool it:** Do not set up fans to suck air from outside into your house. Use indoor air circulation instead



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Women's Health Week

Happy Mother's Day!

National Women's Week begins on Mother's Day each year. From May 12-18, individuals, families, and communities work together to help women learn how to achieve longer, healthier, and safer lives.



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In the spirit of Mother's Day, here is a list of ways to make Mother's Day a special day of health for you and your mother.

- **Show her your healthy side:** Include fruit or vegetables in any meal or snack you prepare
- **Act on her behalf:** Offer to help her with any preventive actions she can take, such as making sure her smoke alarm has a new battery to help prevent any fire emergencies or buying her a spring hat for sun protection against skin cancer
- **Mind your manners:** Don't add to her stress. Stress can cause a variety of health issues. Also, encourage her to get the recommended amount of sleep
- **Put your foot down and raise your arms:** Get the recommended physical activity with your mom. Encourage her to walk, help her plant her garden, or anything else that will help you both stay active
- **Clear the air:** If you smoke, quit. If she smokes, encourage her to quit as well
- **Send her an e-card:** Show her you care about her health by sending her a health e-card and add a special message. You can send a health e-card by visiting the Centers for Disease Control and Prevention (CDC) site at <http://t.cdc.gov/ecards/browse.aspx?category=203>

Also, don't forget new health care laws now ensure that women receive additional preventive health services without cost sharing. These services include:

- Well-woman visits
- Gestational diabetes screening
- Human papillomavirus (HPV) DNA testing
- Sexually transmitted infections counseling (STIs)
- Human Immunodeficiency Virus (HIV) screening and counseling
- Contraception and contraceptive counseling
- Breastfeeding support, supplies, and counseling
- Interpersonal and domestic violence screening and counseling

Please contact your doctor to discuss information about any of the preventive services listed above.

More options for members

Wilkes-Barre General now accepts GHP insurance

Effective March 1, all Wilkes-Barre General Hospital facilities, including outpatient sites, are available for access to GHP members. The agreement covers all lines of business and gives more than 46,000 members in Luzerne county additional choices for quality care and skilled physicians.



Colon screening

If you're over the age of 50, it's important to have your colon examined every 10 years. Preventative screenings such as this help detect illnesses or diseases while they are still easily treatable.

If you are due for a screening or have not yet had a colon screening, please schedule an appointment with your health care provider or call 866-847-1216 to request a free home screening kit.

This summer, if records indicate you are still in need of a screening, you may be contacted via telephone to see if you'd like to schedule an appointment.



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New physicians

This list includes new primary care physicians (PCPs) who have joined our network since February 1, 2013. For more information on these and other participating providers, please visit thehealthplan.com, or call the customer service team at the number on the back of your member ID card.

Allegheny

William Annear, MD - Family Practice

Northampton

Anita Shah, MD - Pediatrics

Potter

William Doit Hauger, MD - Internal Medicine

Formulary update

The table below represents recent updates to GHP’s formulary. If you have any questions, please contact the pharmacy customer service team at 800-988-4861 Monday through Friday, 8 a.m. to 5 p.m. To obtain a hard copy of the formulary, call customer service or log on to thehealthplan.com.

Brand Name	Status	Triple Tier Formulary	4th Tier Applicable	Traditional Formulary	Prior Authorization	Quantity Limit	Detailed Limit	Formulary Alternatives
Absorica	Formulary	3	No	2	Yes	No		Amnesteem, Claravis, Myorisan, Sotret
Prepopik	Formulary	3	No	2	No	No		
MoviPrep	Formulary	3	No	2	No	No		
Cometriq	Formulary	3	Yes	2	Yes	No		Caprelsa*
Iclusig	Formulary	3	Yes	2	Yes	No		Gleevec, Sprycel*, Tasigna*, Bosulif*
Linzess	Formulary	3	No	2	Yes (For members ≤ 18 years of age)	Yes	30 capsules/30 days	
Binosto	Formulary	3	No	2	Yes	No		alendronate, ibandronate
Latuda	Formulary	3	No	2	Yes	No		risperidone, quetiapine, olanzapine, ziprasidone, Abilify
Aubagio	Formulary	3	Yes	2	Yes	Yes	28 tablets per dispense	Betaseron, Copaxone
Xeljanz	Formulary	3	Yes	2	Yes	Yes	60 tablets per fill, 34 day supply limit	hydroxychloroquine, leflunomide, methotrexate, sulfasalazine, Humira*, Enbrel*
Myrbetriq	Formulary	3	No	2	Yes	No		flavoxate, oxybutynin, oxybutynin ER, tolterodine, trospium, Vesicare
Tudorza Pressair	Formulary	2	No	2	No	No		Spiriva
Albenza	Formulary	3	No	2	No	Yes	4 tablets per dispense	
Asacol HD	Formulary	3	No	2	No	No		

*Indicates prior authorization (PA)

New pharmacy benefit

Mail order drugs available at retail pharmacies

Effective in March, some retail pharmacies are now offering prescription drugs at the same costs and benefits as mail order drugs. This benefit is only available to members who currently have prescription drug coverage.



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Please contact the toll-free number on the back of your member ID card for a listing of retail pharmacy providers who have agreed to participate in this benefit.

Specialty pharmacy changes

Accredo Specialty Pharmacy merger

CuraScript Specialty Pharmacy and Accredo Specialty Pharmacy have merged. Beginning **June 1, 2013**, the name Accredo Specialty Pharmacy will be used. Even though the name is changing, you will continue to enjoy access to specialty-trained pharmacists and nurses who understand your condition 24 hours a day, seven days a week.

If you have any questions, please call the GHP pharmacy customer service team at 800-988-4861, Monday through Friday, 8:00 a.m.-5:00 p.m.

Excuse me, I have a question

Customer service frequently asked questions

Breast pump rentals

Q. Are breast pump rentals covered?

A. Effective August 1, 2012, and upon benefit renewal, the **rental** of a breast pump is covered at \$0 cost sharing under health care reform. Neither a script nor pre-certification is required to rent a breast pump.

Breast pump purchases

Q. Are breast pump purchases covered?

A. Breast pump purchases are not covered.

Breast pump supplies

Q. Are breast pump supplies covered?

A. Any disposable supplies, such as storage bags for breast milk, are not covered. GHP only covers the costs for renting breast feeding equipment.



WaveBreak Media/Thinkstock

Amusement park discounts

Hershey Park - Hershey, PA

GHP members receive \$16 off the regular 2013 single-day admission price. To receive the discount, tickets must be purchased online and presented at the front gate.

Link: <http://tinyurl.com/ghptkts>

Promotion code: 45598

Dutch Wonderland - Lancaster, PA

GHP members receive \$7 off the regular 2013 single-day admission price. Discount applies to tickets purchased online only.

Link: <http://shop.accesso.com/clients/accesso18/affiliate/index.php?m=12202>

Username: 124GHP

Password: Duke13

You can view your benefit documents, change your PCP and email a customer service representative online at thehealthplan.com

Geisinger Health Plan/Geisinger Choice Member Update is published quarterly. Comments are welcomed. Please email: memberupdate@thehealthplan.com