

KidzStrong

Spring 2021



Caring for Children with Asthma

Asthma is a chronic lung disease that makes it hard to breathe. Asthma causes the lungs and airways to become easily inflamed when exposed to certain triggers, such as inhaling pollen or catching a cold or other respiratory infection.

If you suspect your child may have asthma, schedule an appointment to see your child's primary care physician (PCP). Early treatment will help control symptoms and possibly prevent asthma attacks. With the right treatment, you and your child can keep symptoms under control and prevent damage to growing lungs.

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Best Ways to Prevent Asthma Attacks

- 1. Limit exposure to asthma triggers.** Help your child avoid the allergens and irritants that trigger asthma symptoms.
- 2. Don't allow smoking around your child.** Exposure to tobacco smoke during infancy is a strong risk factor for childhood asthma, as well as a common trigger of asthma attacks.
- 3. Encourage your child to be active.** As long as your child's asthma is well-controlled, regular physical activity can help the lungs to work more efficiently.
- 4. See the doctor when necessary.** Check in regularly. Don't ignore signs that your child's asthma might not be under control, such as needing to use a quick-relief inhaler too often.
- 5. Monitor changes.** Asthma changes over time, so talking with your child's doctor can help you make needed treatment adjustments to keep symptoms under control.
- 6. Help your child maintain a healthy weight.** Being overweight can worsen asthma symptoms, and it puts your child at risk of other health problems.
- 7. Take medications as prescribed.** Having your child take their medications and refilling medications in a timely manner could prevent asthma attacks.
- 8. Keep heartburn under control.** Acid reflux or severe heartburn might worsen your child's asthma symptoms. He or she might need over-the-counter or prescription medications to control acid reflux.



If you need help scheduling an appointment with your child's PCP, HPP can help you. Call Member Relations anytime at 1-888-888-1211 (TTY 1-877-454-8477).

Knowledge Checkup: What is LARC?

Many women think of birth control as a pill they have to take every day. But do you know about long-acting reversible contraception (LARC)?

LARC is a very effective birth control method. LARC is any birth control that lasts for several years, such as intrauterine devices (IUDs) and implants. All LARC choices are very effective at preventing pregnancy and can be removed at any time. This method is safe and recommended for younger women who are sexually active.

What are LARC methods?

IUDs and birth control implants are highly effective in preventing pregnancy. They last for several years. Both methods are reversible—if you want to get pregnant or if you want to stop using them, you can have them removed by a doctor.

How effective is LARC?

The IUD and the implant are the most effective forms of reversible birth control available. Over time, LARC methods are 20 times more effective than birth control pills, the patch or the ring.

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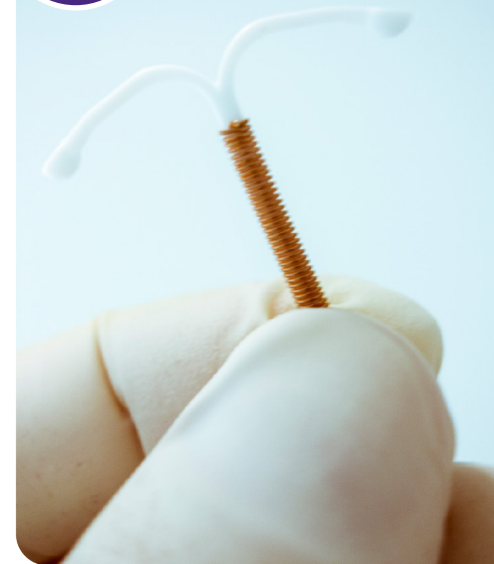
Do LARC methods protect against sexually transmitted infections?

IUDs and implants do not protect against sexually transmitted infections (STIs). A male or female condom should be used to protect against STIs. You are at risk of getting an STI if you:

- Have more than one sexual partner
- Have a partner who has or has had more than one sexual partner
- Have sex with someone who has an STI
- Have a history of STIs
- Use intravenous drugs (injected into a vein) or have a partner who uses intravenous drugs

All types of birth control have risks and benefits. Talk to your provider about which ones might be right for you.

Source: <https://www.acog.org/Patients/FAQs/Long-Acting-Reversible-Contraception-Intrauterine-Device-and-Implant>



Get Rewards for Taking Care of Your Health!

We have exciting news to share! HPP Rewards, our popular incentive program for KidzPartners members, is continuing in 2021!

You can receive rewards by completing specific health activities throughout 2021. This year's activities include child and adolescent wellness visits, lead screenings for children and more.

You can learn all the details about the rewards program by visiting www.HPPrewards.com or by calling Member Relations, 24/7, at **1-888-888-1211 (TTY 1-877-454-8477)**.

Suicide Awareness and How to Get Help

As we continue to be impacted by COVID-19, we at Health Partners Plans (HPP) know that the state of our members' mental health has been affected. The past year has been hard for everyone, but especially for young people, as learning has shifted online and social interaction has been limited. That's why mental health, including suicide, is an important topic to discuss with your children and their doctors.

Suicide is the second leading cause of death for children, adolescents and young adults. Suicide attempts are often impulsive among younger children and are associated with feelings of sadness, confusion, anger, or problems with attention and hyperactivity. Among teenagers, suicide attempts may be associated with feelings of stress, self-doubt, pressure to succeed, financial uncertainty, disappointment and loss.

Depression and suicidal feelings are treatable mental disorders. Your child or adolescent needs to have his or her illness recognized and diagnosed by a mental health professional, and appropriately treated with a comprehensive treatment plan.

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Get Help

If you are a parent and need help starting a conversation with your child or teen about mental health, visit [MentalHealth.gov](https://www.mentalhealth.gov)'s Parents and Caregivers webpage. If you are unsure where to go for help, ask your pediatrician or family doctor, or contact Magellan Behavioral Health of PA at **1-800-424-3701**.

It may be helpful for children and teens to save several emergency numbers on their cell phones. The ability to get immediate help for themselves can make a difference.

- The phone number for a trusted friend or relative
- The non-emergency number for the local police department
- The Crisis Text Line: **741741**
- The National Suicide Prevention Lifeline: **1-800-273-TALK (8255)**

Any child or adolescent with suicidal thoughts or plans should be evaluated immediately by a trained and qualified mental health professional. If you need assistance with locating a qualified mental health professional, please contact the Healthy Kids Department at **215-967-4690 (TTY 1-877-454-8477)**.

Online Resources

- MentalHealth.gov's Parents and Caregivers webpage: www.mentalhealth.gov/talk/parents-caregivers
- NIMH's Help for Mental Illnesses: www.nimh.nih.gov/health

Join HPP for a Fun, Family Friendly Virtual Class!

Health Partners Plans is excited to offer new virtual fitness classes through Zoom to our members and the community for 2021. We offer a variety of classes and events that cover many different topics, including fitness, nutrition, professional development, education and more. Classes are offered throughout the week at different times each day, making it easier to find a class that is the right fit for you—all from the comfort of your own home!

All classes are free and open to the public. To view the full calendar and to register, visit www.hpplans.com/wellnesspartners.

Monday

Virtual Functional Fitness with HPP

10 a.m. - 10:30 a.m.

Meeting ID: 554 329 329

Virtual Stretching with Amanda Collins and HPP

11 a.m. - 11:30 a.m.

Meeting ID: 860 7701 2091

Virtual Resistance Band Fitness with HPP

1 p.m. - 1:30 p.m.

Meeting ID: 890 5989 7724

Tuesday

Virtual Tai Chi (Intermediate) with Kirsten Erwin and HPP

10 a.m. - 11 a.m.

Meeting ID: 227 319 716

Wednesday

Virtual Chair Yoga Flow with HPP

10 a.m. - 10:30 a.m.

Meeting ID: 105 181 455

Thursday

Virtual Tai Chi (Beginners) with Kirsten Erwin and HPP

10 a.m. - 10:30 a.m.

Meeting ID: 864 3607 8427

Virtual Cardio Kickboxing with Guy Nanni and HPP

11 a.m. - 11:30 a.m.

Meeting ID: 882 6787 7078

Virtual ZUMBA with HPP

1 p.m. - 1:30 p.m.

Meeting ID: 876 8747 5751



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Friday

Virtual Mat Yoga Flow with HPP

10 a.m. - 10:30 a.m.

Meeting ID: 898 5711 2682

Virtual Learn Line Dancing Steps (Beginners) with HPP

10:45 a.m. - 11 a.m.

Meeting ID: 996 660 089

Virtual Line Dancing with HPP

11 a.m. - 12 p.m.

Meeting ID: 996 660 089

Weekend Events

Virtual Cooking with HPP and Dobbins

Get Fit Saturdays

April 10, 9 a.m. - 9:30 a.m.

Email Charles Reyes at **Charles.Reyes@phila.gov** to get Zoom link

Virtual ZUMBA with HPP and Dobbins

Get Fit Saturdays

April 24, 9 a.m. - 9:30 a.m.

Email Charles Reyes at **Charles.Reyes@phila.gov** to get Zoom link

Tell Your Doctor That You Got Your Flu Shot

If you got a flu shot or other immunizations at a pharmacy like CVS or Walgreens, it is important to let your primary care provider (PCP) know you've been vaccinated. Your PCP will document all vaccinations in your record.

Providing this type of information to your doctor helps create a full medical record for you. That way, your PCP and other doctors know if about all the services you've received. This helps your PCP provide the most appropriate care so you can stay healthy!

Aunt Bertha Can Help You!

We understand that good health includes more than just doctor's appointments - where you live, what you eat and what you do for a living can also impact your health.

That's why HPP has partnered up with Aunt Bertha. Aunt Bertha is an online directory of local resources and support organizations that can help you find food, legal help, work support and more. Aunt Bertha makes it easy to connect with organizations that can help you. It is free to use, too!

Visit **hpp.auntbertha.com** to find local resources near you!

Does Your Child Have All Their Shots?

The COVID-19 pandemic has impacted all of us and has forced many of us to hit pause on our daily lives. As the world returns to normal and vaccines become more readily available, we're here to remind you of other important vaccines - your child's immunizations.

It is important to get your child up-to-date with all their needed childhood vaccines. Vaccines are safe and are the most effective way to protect your child by working with their body to fight off diseases. Not only do vaccines protect your child, but they also protect you, your family, and those around you. As we prepare to return to in-person schooling, make sure your child is safe by being fully vaccinated. Children must have certain vaccines in order to begin the school year, so schedule a well-child visit today to catch-up on any vaccines missed during the pandemic.

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Vaccines are fully covered as part of your child's benefit, at no cost to you. Children up to the age of 13 should be vaccinated and require a certain number of vaccines to protect them from diseases like measles, whooping cough, chicken pox, or HPV-related cancers.

Talk to your child's primary care provider (PCP) to see which vaccines are needed for your child. PCPs and other doctors are taking extra precautions to keep your family safe while in the office, so call your child's PCP today to schedule an appointment. You can also call Member Relations at **1-888-888-1211 (TTY 1-877-454-8477)** if you need help scheduling an appointment.



Don't Be Fooled by Vaccine Scams

Throughout the COVID-19 pandemic, there have been people who have tried to take advantage of others' fears. The latest scheme, identified by federal agencies, are con artists that will look to exploit demand for the COVID-19 vaccine.



Federal authorities are warning against potential COVID-19 vaccine schemes, such as:

- Advertisements or offers for early access to a vaccine upon payment of a deposit or fee
 - Requests asking you to pay out of pocket to obtain the vaccine or to put your name on a COVID-19 vaccine waiting list
 - Offers to undergo additional medical testing or procedures when obtaining a vaccine
 - Marketers offering to sell doses of the vaccine in exchange for payment of a deposit or fee
 - Unsolicited emails, telephone calls, or personal contact from someone claiming to be from a medical office, insurance company, or COVID-19 vaccine center requesting personal and/or medical information to determine your eligibility to participate in clinical vaccine trials or obtain the vaccine
 - Claims of FDA approval for a vaccine that cannot be verified
- Advertisements for vaccines through social media platforms, email, telephone calls, online, or from unsolicited/unknown sources
 - Individuals contacting you in person, by phone, or by email to tell you the government or government officials require you to receive a COVID-19 vaccine.

Be very careful if you are searching online for information about how to get the COVID-19 vaccine. Do not submit any personal information to websites promising the COVID-19 vaccine. Instead, ask your doctor about how to get vaccinated.

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How to Protect Yourself and Loved Ones from Scams

Be cautious of unsolicited requests for personal, medical or financial information.

- Be vigilant and protect yourself from potential fraud concerning COVID-19 vaccines. You will not be asked for money to move up the list for vaccine eligibility. Government and state officials will not call you to obtain personal information in order to receive the vaccine. You will not be solicited door-to-door to receive the vaccine.
- HPP and our partners contacting you on our behalf will never ask you for your Social Security number. If someone says they are calling or visiting you on behalf of HPP, and requests your Social Security number, just say **NO**.
- HPP and our partners will not ask you for money or payment over the phone. If you are contacted and asked to provide a payment over the phone for HPP, just say NO and report the call to us.

If you suspect health care fraud, report it to the Pennsylvania Department of Human Services by calling **1-866-379-8477** or **1-844-347-8477**.

You can also report fraud, waste or abuse directly to HPP:

- Call the HPP Hotline at **1-866-477-4848** (you can make an anonymous report) or email **compliance@hpplans.com**.
- Visit **HPPlans.com** and click “**Report Compliance Issue**” at the bottom of the page. Then click “**EthicsPoint online reporting tool.**” This reporting tool lets you make an anonymous report or follow up on one. It is available in Spanish.

New CHOP Services Available to Members

Children’s Hospital of Philadelphia (CHOP), new to the HPP network, has opened an expanded facility Abington. CHOP’s Specialty Care Center in Abington relocated and is expanding its services at 1840 Susquehanna Road in Abington. The new state-of-the-art facility opened April 12 and offers new pediatric specialties, free parking and onsite services like speech therapy and pulmonary lung function testing.

Pediatric specialties offered at this location will include:

- Cardiology
- Dermatology
- Diabetes
- Endocrinology
- Gastroenterology
- Neurology
- Nutrition
- Ophthalmology
- Orthopaedics
- Otolaryngology (ear, nose, throat)
- Plastic surgery
- Pulmonology

For additional information, call **215-885-2790**.





Health Partners Plans

Discrimination is Against the Law

KidzPartners complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. KidzPartners does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

KidzPartners provides free aids and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters; and
- Written information in other formats (large print, audio, accessible electronic formats).

KidzPartners provides free language services to people whose primary language is not English, such as:

- Qualified interpreters; and
- Information written in other languages.

If you need these services, contact KidzPartners at 1-888-888-1211 (TTY 1-877-454-8477)

If you believe that KidzPartners has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with:

The Bureau of Equal Opportunity,
Room 223, Health and Welfare Building,
P.O. Box 2675,
Harrisburg, PA 17105-2675,
Phone: (717) 787-1127, TTY (800) 654-5484, Fax: (717) 772-4366, or
Email: RA-PWBEOAO@pa.gov

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Bureau of Equal Opportunity is available to help you.

You can also file a civil rights complaint electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone with the U.S. Department of Health and Human Services, Office for Civil Rights at:

U.S. Department of Health and Human Services,
200 Independence Avenue SW.,
Room 509F, HHH Building,
Washington, DC 20201,
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call: 1-888-477-9800 (TTY/PA RELAY: 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-477-9800 (TTY/Servicio de retransmisión de PA: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-888-477-9800 (телетайп/PA RELAY: 711).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電1-888-477-9800 (TTY/PA RELAY: 711)。

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-477-9800 (TTY/PA RELAY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-888-477-9800 (رقم هاتف الصم والبكم: 888-477-9800-1).

ध्यान दिनुहोस्: तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको निम्ति भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 1-888-477-9800 (टिटावाइ/PA RELAY: 711) ।

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-888-477-9800 (TTY/PA RELAY: 711) 번으로 전화해 주십시오.

ប្រយ័ត្ន: បើសិនជាអ្នកនិយាយ ភាសាខ្មែរ, សេវាជំនួយផ្នែកភាសា ដោយមិនគិតល្អល គឺអាចមានសំរាប់អ្នក។ ចូរ ទូរស័ព្ទ 1-888-477-9800 (TTY/PA RELAY: 711)។

ATTENTION :Si vous parlez français, des services d'aide linguistique vous sont proposes gratuitement. Appelez le 1-888-477-9800 (ATS/PA RELAY : 711).

သတိပြုရန် - အကယ်၍ သင်သည် မြန်မာစကား ကို ပြောပါက၊ ဘာသာစကား အကူအညီ၊ အခမဲ့၊ သင့်အတွက် စီစဉ်ဆောင်ရွက်ပေးပါမည်။ ဖုန်းနံပါတ် 1-888-477-9800 (TTY 711) သို့ ခေါ်ဆိုပါ။

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-888-477-9800 (TTY/PA RELAY: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 1-888-477-9800 (TTY/PA RELAY: 711).

লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন 1-888-477-9800 (TTY/PA RELAY: 711)।

KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-888-477-9800 (TTY/PA RELAY: 711).

सुचना: જો તમે ગુજરાતી બોલતા હો, તો નિ:શુલ્ક ભાષા સહાય સેવાઓ તમારા માટે ઉપલબ્ધ છે. ફોન કરો 1-888-477-9800 (TTY/PA RELAY: 711).



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