

Healthy You ^{FOR KIDS!}



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



Jefferson
Health Plans

**SECOND EDITION
2026**

**Your Health Plan
Has a New Name**

*Learn more on
page 2*

**Good Dental Care
Improves Your Child's
Overall Health**

*Learn How
on page 5*

**Prepare Your
Child to Return
to School**

*Read more
on page 6*

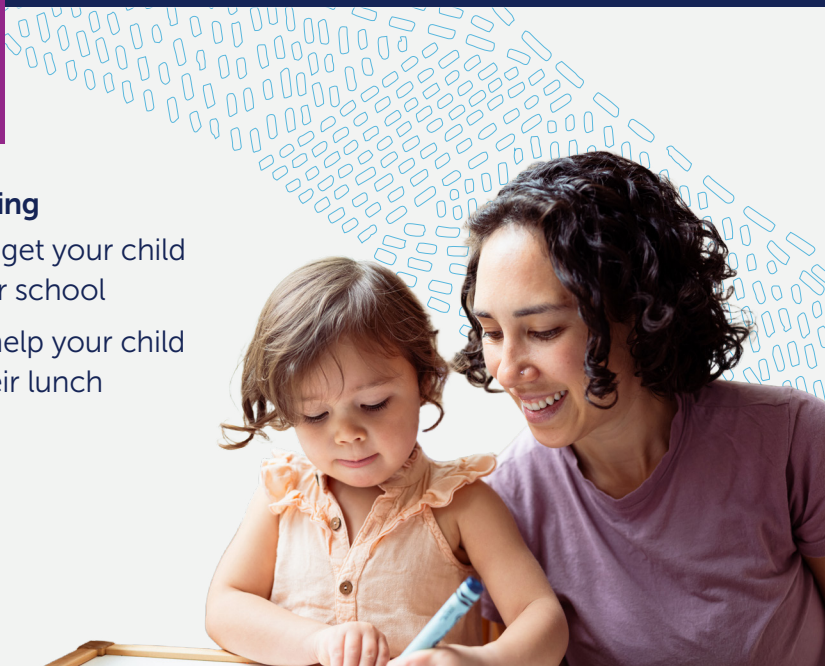
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Your Health Plan Has a New Name:

Jefferson Health Plans CHIP

On June 1, our name changed to Jefferson Health Plans CHIP.

Here's what the name change means for you:

- ✕ No action needed.** Your child's benefits and services stay the same.
- 👤 No changes to your child's care.** Your doctors and hospitals have not changed.
- 👥 The same trusted team.** You'll keep working with the people who already know your child and their health needs.

Questions?

Call **1-888-888-1211 (TTY 1-877-454-8477)** or visit **JeffersonHealthPlans.com/CHIP** for more information.

Access Your Child's ID Card on the Patient Portal

It's easy to lose or misplace your child's ID card, but you can easily replace it on the member portal.

1. Go to **JeffersonHealthPlans.com/portal** and log in.
2. Select **"ID Card."**
3. Choose **"Request a New ID Card."**
4. Follow the prompts to submit your request and provide any required information, such as your child's member ID and contact details.

Prefer a **printable ID card now?**

If you have a printer, you can print it at home yourself.



Know Your Child's Health Care Coverage and Copays

Jefferson Health Plans CHIP covers many services from doctor visits and medicines to extra health and wellness benefits. Depending on your child's plan, you'll pay little or no fees (copays) when you use covered services.

Jefferson Health Plans CHIP Coverage



Well visits

\$0 copays for annual checkups



Immunizations

\$0 copays for age-appropriate vaccinations



Dental services

Covers checkups, cleanings, fillings, extractions, and braces when medically necessary



Vision care

Includes yearly eye exams and glasses or contacts



Telehealth

24/7 virtual access to providers for non-emergency conditions



Community programming

Access to free in-person and virtual classes and events



Mental health services

Covers medically necessary services



Fitness membership

Free membership for your child at participating centers

JeffersonHealthPlans.com/fitness

Understand your copays based on your child's plan

Benefit	No-Cost	Low-Cost	Full-Cost
Sick Visits	\$0	\$5	\$15
Prescriptions	\$0 for covered prescription drugs	\$6 for generic \$9 for brand name	\$10 for generic \$18 for brand name
Specialists	\$0	\$10	\$25

For a complete list of covered services and copays, see Section 3 of your child's member handbook.

Don't Wait—Your Child's Well Visit Has a \$0 Copay

Your child should see the doctor at least once a year, though babies and toddlers may need to go more often. Regular checkups help the doctor see your child's growth and development over time.

At each visit, the doctor will check how your child is growing and developing.

If the doctor notices your child may need extra support with hearing, speech, or learning, they will refer you to a specialist with the right training to help. They will also talk with you about any treatments your child may need, whether that's medication, a procedure, or simply more monitoring, and make sure your child is up to date on all their vaccines.

Need help following the doctor's instructions? You're not alone — we're here to support you every step of the way.

Call our Care Management team at **1-866-500-4571**, Monday through Friday, 8 a.m. to 4:30 p.m. We're happy to help!

Tips to get the most from your child's well visit

- **Write down your questions** for the doctor before the visit. For example, you might ask about exercise, food, sleep, screen time, and mental health.
- **Tell the doctor** what worries you at the start of your visit. Be clear about what is wrong.
- If your child sometimes gets a rash or acts differently, **take a picture or video** with your phone. Show it to the doctor during the visit.
- **Ask the doctor if your child has all their shots, screenings, and tests.**
- **Call your doctor** with any follow-up questions.



Dental Hygiene Can Reduce Your Child's Risk for Infection and Disease

A Message from Suzan Ly, DDS, MPH, Jefferson Health Plans Dental Director

Most people know that dental care stops cavities and improves your smile. Brushing and flossing every day, plus regular dentist visits, can lower your child's chance of serious health problems, including heart disease, diabetes, and pneumonia.

Your child taking good care of their mouth reduces germs that can cause tooth decay and gum problems. Swollen and infected gums let bacteria enter their blood and spread through their body, including the heart and brain.

Tips for a healthier mouth

Have your child:

1. **Brush** at least twice a day with fluoride toothpaste.
2. **Floss** daily and rinse with mouthwash.
3. **Attend regular dentist visits** for professional cleanings.
4. **Eat healthy** with a diet low in sugary and starchy foods.
5. **Never vape, smoke, or use other types of tobacco.**

Find a Dentist

If your child needs a dentist or doctor, or you are searching for a new one, visit JeffersonHealthPlans.com/CHIP or contact Member Relations at **1-888-888-1211** (TTY 1-877-454-8477).

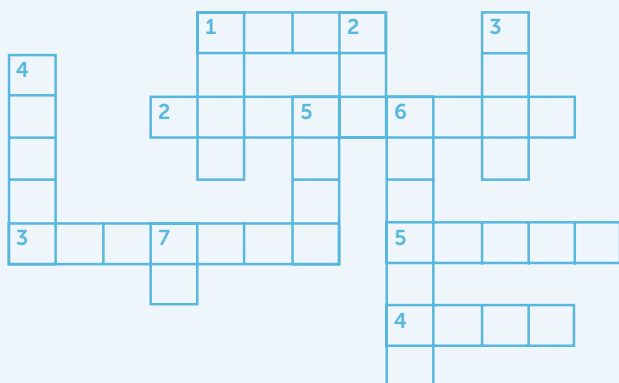
Healthy smiles start here

Your child's comprehensive dental visits are covered! That means check ups, cleanings, fluoride, sealants, and other medically necessary services cost you \$0 when they see an in-network dentist.

For teens: Visit mouthhealthy.org/life-stages/teens for information on braces, wisdom teeth, and more.



HEALTHY LIVING



Complete the crossword puzzle to test your knowledge on this newsletter's content!

Across

1. 5 steps to teach ____ to pack their lunch
2. _____ Health Plans CHIP
3. Dental _____ can reduce your risk of infection
4. Your health plan has a new _____.
5. _____ outside the lunch box.

Down

1. _____ your kids healthy.
2. _____ the doctor at least once a year.
3. Make your appointment _____.
4. _____ your teeth.
5. _____ tips to get the most from your child's well visit.
6. _____ well visits with \$0 copays.
7. Watch for your new ____ card.

Set Your Child Up for a Great School Year

 **Make doctor and dentist visits soon**, so you can get them done before the busy school year. If your child plays a fall sport, get their physical now because doctors' schedules fill up fast closer to the start of school.

 **Check vaccine requirements.** Make sure your child has the required vaccines for day care, kindergarten, and beyond.

 **Read!** Reading is the best way to keep young minds active. Read to and with young kids and encourage older kids to read alone. Let them read what they like. Even reading comic books improves their skills! Make the library part of your summer routine. Many libraries have story time for little kids and reading challenges with prizes for older ones.

 **Get kids building** using items they can hold in their hands, like Lego, Play-Doh, or even old boxes. Puzzles, worksheets, and games are other great ways to keep kids thinking.

 **Move up bedtime and wake-up times** by 15 minutes every few days as the school year approaches.

Discover All Your Benefits



Scan the QR code or visit
JeffersonHealthPlans.com/CHIP
to explore the latest Member
Handbook.



5 Steps for Your Child to Make a Kid-Friendly, Healthy Lunch

Does your child love picking what they want to eat and then making it? Let them take the lead this upcoming school year. After a little upfront work, it can save you time, too!

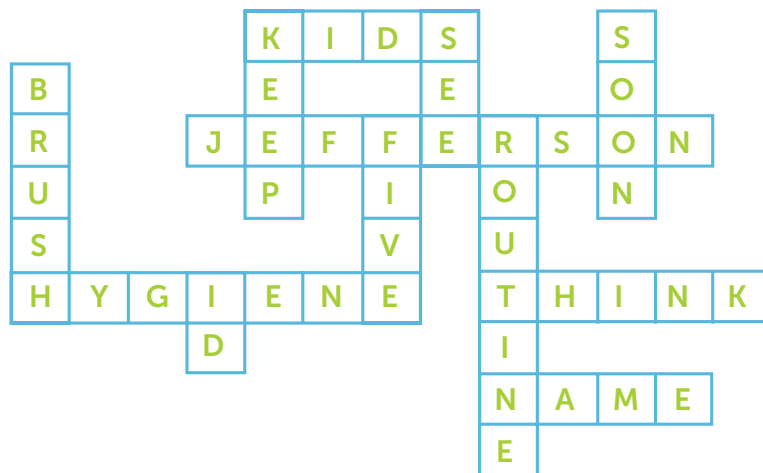
- 1 Create a lunch station with lunchboxes and different-sized containers.
- 2 Have a plan for which food groups each lunch should have, such as protein (meat, cheese, nuts, or beans), grain (bread, wrap, or crackers), fruit and vegetables, and a snack.
- 3 Have options. For instance, let them choose between an apple and a banana.
- 4 Let them make the food. Start with something simple, like a sandwich, and let them pick what they want inside the bread, such as meat or peanut butter. You can also offer leftovers from dinner.
- 5 Think outside the lunchbox! You can use cookie cutters to shape the bread or have color-themed days, where you have only green foods. Be creative and keep it fun!

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Crossword Answer Key



Website:

JeffersonHealthPlans.com/CHIP

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

Member Portal:

JeffersonHealthPlans.com/Portal



Jefferson Health 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.