Healthy You FOR KIDS!



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

Jefferson Health Plans

THIRD EDITION
2026

It's Worth a Shot: Protect Your Child From the Flu.

Learn more on page 2

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It's Flu Season.

Is Your Child Protected?

The flu can make children very sick, especially kids under age 5 and those with certain health conditions. Even healthy children can get the flu and spread it to babies, older adults, and others who are at higher risk.

Flu vaccines help protect your child and those around them. Ask your child's doctor which flu vaccine is right for them.

You can get a flu shot at your doctor's office, a clinic, a pharmacy, or sometimes at school. It takes about two weeks for the vaccine to provide protection, so don't wait.



Baby, It's Cold Outside: 4 Fun Ways to Keep Kids Active Indoors

Cold weather can make it harder for kids to stay active. Try these fun indoor activities to keep your child moving, learning, and having fun.

Take a Fitness Class

Being active is good for your child's body and mind. Your Jefferson Health Plans CHIP plan includes free gym memberships for kids.

Learn more at **JeffersonHealthPlans.com/Fitness**.

Dance to Favorite Songs

Turn up the music and get moving. Dancing is a fun way for kids to stay active at home – alone, with friends, or with the whole family.

Build and Create

Building toys like LEGOs® and K'NEX® help kids use their imagination and practice important fine motor skills. You can also build forts, obstacle courses, and other creations with pillows, blankets, boxes, and chairs. Add cozy elements like fairy lights to create a nook for reading or pretending.

Get Puzzling

Working on puzzles together can help your child relax and open up. You may be surprised by the conversations that start over a puzzle or board game.

Visit Community Engagement to learn more about Jefferson Health Plans health education and wellness programs designed to support your child's physical health, chronic disease prevention, and overall well-being.



Get Fit and Stay Healthy With Jefferson Health Plans CHIP

Your benefits include free programs for the whole family, including fitness classes, health education, wellness screenings, fresh food events, and care support. Visit our Community Engagement webpage to learn more.

Follow Up With Your Doctor after an ER Visit or Hospital Stay

If your child visits the emergency room or stays in the hospital, schedule a follow-up appointment with their primary care provider (PCP), such as their pediatrician or family doctor.

After an ER Visit
Schedule a follow-up visit with your child's PCP within 7 days.

After a Hospital Stay
Schedule a follow-up visit within **7 to 14 days** to help support your child's recovery and avoid trips back to the hospital.

What to Bring to Follow-Up Appointments

- Discharge papers
- A list of current medications
- Test results or imaging records (X-rays, CT scans, etc.), if available



Why It Matters

Your PCP knows your child and their medical history. They will:

- Review care received in the ER or hospital
- Update medications or treatment plans
- Order follow-up tests, if needed
- Watch for new or ongoing health concerns
- Help coordinate care with specialists like a heart or lung doctor or physical therapist
- Arrange home health services, if needed

Your New Member ID Card Is Coming Soon

Watch your mailbox for a new member ID card! When it arrives, check that your child's name and other details are correct. The only change will be the prescription (RX) numbers. Keep using the current ID card until January 1. **Starting January 1, use the new card when you see a doctor, receive medical care, or fill a prescription.** After January 1, safely destroy the old card so you don't mix up the cards. If the new card does not arrive, is lost, or has incorrect information, call Member Relations at **1-888-888-1211 (TTY 1-877-454-8477)**.



When the Doctor's Office Is Closed: Where Do You Go?

Your child wakes up with an earache, fever, or upset stomach, but the doctor's office is closed. What should you do?

First, call your child's doctor. Many offices have a 24/7 on-call nurse or after-hours advice line.

For non-emergencies like earaches, fevers, stomachaches, minor injuries and burns, or sprains, consider:

- Walk-in urgent care centers
- JeffConnect® for 24/7 video visits with a Jefferson Health provider from the comfort of home. Visit **JeffConnect.com**.

Go to the ER or call 911 if your child:

- Has trouble breathing
- Has a serious injury or severe burn
- Is in severe pain
- Is unresponsive or loses consciousness
- Has sudden weakness, confusion, or trouble speaking
- Has severe chest or abdominal pain

Jefferson Health Plans CHIP's Care Coordination Team Lends a Helping Hand

A Jefferson Health Plans CHIP member was struggling at school and told their parent they were thinking about harming themself. The parent contacted our Pediatric Care Coordination team for help. Working with the family and school, the care coordinator helped identify the cause of the child's stress and discomfort and connected them to the support they needed. Within two weeks, the child was doing better at school and had a behavioral health appointment scheduled.

This real-life story is just one example of how the Care Coordination team helps CHIP members get the care and support they need to stay healthy. Our nurses and social workers are here to guide you at every step.

Care Coordination Can Help You:

- Understand your benefits
- Schedule doctor and dental appointments
- Arrange home care or medical equipment
- Connect with behavioral health services
- Get medications and medical supplies
- Find community resources, including food, utility, and financial assistance programs

Let's Get Connected!

If you need help arranging healthcare or finding support services, call the care management team at **1-866-500-4571**, Monday through Friday, from 8 a.m.-4:30 p.m. If you call after hours, leave a voicemail and we'll return your call the next business day.

Beware of Button Batteries: They Can Harm Your Child

Button and coin batteries may be small, but they can cause serious injuries if swallowed. These batteries are often found in toys, decorations, hearing aids, remote controls, and musical greeting cards – many things found during the holiday season.

These batteries are often smaller than a dime and children can mistake them for candy. Kids might swallow, inhale, or put them in their noses or ears, causing serious harm.

Help Keep Your Child Safe

- Keep devices with button batteries secured.
- Store spare batteries out of children's reach.
- Check toys, gifts, and decorations for loose batteries.
- Warn older kids of the dangers of button batteries.



Act Fast

If you see or even suspect a child has swallowed a battery, go to the emergency room right away.

If your child is over 12 months old, give 2 teaspoons of honey every 10 minutes on the way to the hospital. Do not make your child vomit or give food or drinks other than honey.

Call the National Battery Ingestion Hotline: 1-800-498-8666 or Poison Control: 1-800-222-1222 and go to the hospital.

Could Lead Be Hiding in Older Homes?

Homes built before 1978 may contain lead-based paint. If paint is peeling or chipping, young children can be exposed to lead dust. Even brief exposure to lead and lead dust from chipping paint can harm young children. Pay close attention to windows, doors, floors, stairs, railings, old furniture, toys, and toy jewelry.



Get Your Child Tested

Lead screening is quick, free, and only requires a simple finger prick blood test. Testing is recommended for children between 9 and 11 months and again between 12 and 24 months.

Ask your child's doctor about a simple blood test. You can also call our Pediatric Care Coordination team at **1-866-500-4571** for help.

Need a doctor? Call Member Relations at **1-888-888-1211**.

Don't Forget: Renew Your Benefits to Keep Your Child's CHIP Health Coverage

To keep your child's CHIP health coverage, you must renew it every year with the Department of Human Services (DHS).

Watch for your renewal packet in the mail and return it on time, even if nothing has changed. Be sure DHS has your current address and phone number.

You can also renew online at **dhs.pa.gov/COMPASS** or visit your local County Assistance Office to renew in person.

Need Help?

Call our Community Connect team **1-888-435-1995** or email **CommunityEngagement@JeffersonHealthPlans.com**.

Too Sick for School? Tips for Deciding

It can be hard to know when your child should stay home from school. A good rule of thumb: if your child is too sick to learn, rest is the best choice.

Seven Reasons to Keep Them Home:

1. A fever of 100.4° F or higher
2. Diarrhea or vomiting
3. Contagious illness, such as the flu, COVID-19, strep throat, norovirus (stomach bug), or pink eye
4. A severe cough or trouble breathing
5. Significant pain, like a severe sore throat, a throbbing headache, or a persistent earache
6. A new or unexplained rash
7. Unusual tiredness or low energy



When in doubt, trust your instincts. You know your child best.

In most cases, children should stay home until they have been symptom-free for at least 24 hours or their doctor says it's OK to return to school.

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Sharing Your Child's Health Information: Know Your Choices

Starting January 1, 2027, Jefferson Health Plans will use a new and secure way to share some of your child's health information with doctors and other health care providers. This can help your child's care team work together and provide better care.

If you do not want your child's health information shared this way, you can choose to opt out at any time. You can also choose to share health information from another health plan with Jefferson Health Plans.

Your choice will not change your child's health plan benefits, coverage, or access to care.

To make or change your choice, log in to your account at **JeffersonHealthPlans.com/Account** and follow the instructions. To learn what information may be shared and how to manage your choices, visit our **Member Education FAQ** page or scan the QR code.

SCAN TO LEARN MORE

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

Member Portal:
JeffersonHealthPlans.com/Account

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Jefferson Health Plans

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JHPCHP43196 10/2026