



Pennsylvania's Children's Health Insurance Program
We Cover All Kids.
 Commonwealth of Pennsylvania
 Edward G. Rendell, Governor
www.chipcoverspakids.com

A Quarterly Newsletter from First Priority Health

COVERED kids

Spring 2008

New CHIP Income Guidelines

Check out the new income guidelines in effect for CHIP enrollments and renewals. No family makes too much money for CHIP! All uninsured children and teens not eligible for Medical Assistance have access to health insurance. It doesn't matter how much money your family makes. Many will get CHIP for free; others, at low cost or full cost. The cost of CHIP is determined by the size of your household, the ages of your children and your income.

Here's how to find out what type of CHIP coverage your child qualifies for:

1. Use the chart and find the number of people in your household. If you have more than eight, please call **1-800-543-7199** or visit www.bcnepa.com or www.chipcoverspakids.com.
2. Find the box that matches your household's annual income (before taxes) and the ages of your children.

CHIP Income Guidelines

Family Size	Free CHIP for Ages 0-1	Free CHIP for Ages 1-5	Free CHIP for Ages 6-18	Low-cost CHIP for Ages 0-18	Full-cost CHIP for Ages 0-18
	Income Level	Income Level	Income Level	Income Level	Income Level
1	\$19,240 - \$20,800	\$13,832 - \$20,800	\$10,400 - \$20,800	\$20,801 - \$31,200	\$31,201 - No Limit
2	\$25,900 - \$28,000	\$18,620 - \$28,000	\$14,000 - \$28,000	\$28,001 - \$42,000	\$42,001 - No Limit
3	\$32,560 - \$35,200	\$23,408 - \$35,200	\$17,600 - \$35,200	\$35,201 - \$52,800	\$52,801 - No Limit
4	\$39,220 - \$42,400	\$28,196 - \$42,400	\$21,200 - \$42,400	\$42,401 - \$63,600	\$63,601 - No Limit
5	\$45,880 - \$49,600	\$32,984 - \$49,600	\$24,800 - \$49,600	\$49,601 - \$74,400	\$74,401 - No Limit
6	\$52,540 - \$56,800	\$37,772 - \$56,800	\$28,400 - \$56,800	\$56,801 - \$85,200	\$85,201 - No Limit
7	\$59,200 - \$64,000	\$42,560 - \$64,000	\$32,000 - \$64,000	\$64,001 - \$96,000	\$96,001 - No Limit
8	\$65,860 - \$71,200	\$47,348 - \$71,200	\$35,600 - \$71,200	\$71,201 - \$106,800	\$106,801 - No Limit

Income guidelines according to January 23, 2008 Federal Register. The income guidelines are subject to change annually. For more information, call First Priority Health Service Representatives at 1-800-543-7199 or (TTY) 1-800-413-1112.



If your income is less than the lowest amount listed, your child or teen may be enrolled in Medical Assistance.

Families whose incomes fall in the low-cost and full-cost CHIP ranges must also show that their children:

- Have been uninsured for six months, unless their children are under age two
- Have lost health insurance because a parent lost a job, or
- Are moving from another public health insurance program

For low-cost or full-cost CHIP, copayments apply to some services.

THE source

WHAT ALL TEENS SHOULD KNOW

Check out the latest in health and wellness news for teens and pre-teens at *The Source* at www.bcnepa.com.

Nutritional Therapy Benefit Update

Your child's good health depends on healthy eating habits. That's why we've made the following enhancement to your child's CHIP benefits, effective July 1, 2008.

Your child will be covered for nutritional therapy when provided by a licensed dietitian, up to six visits per calendar year.

Free CHIP	\$0 copayment
Low-cost CHIP	\$10 copayment
Full-cost CHIP	\$25 copayment

Coverage will be provided for:

- Children ages 2 through 12, when accompanied by a parent.
- Teens ages 13 through 17 with parental consent.

No coverage is provided for children under the age of 2.

Diabetes outpatient self-management training and education and nutritional therapy provided to a homebound member are exempt from the benefit maximum.

For more information: If you have questions about your child's CHIP coverage, brought to you by First Priority Health, call **1-800-543-7199** or (TTY) **1-800-413-1112**, weekdays, from 8 a.m. to 5 p.m.

When Do Children and Teens Need Shots?

Vaccines have saved millions of lives over the years and prevented millions of cases of diseases. Because diseases still exist in the U.S., and can be brought over from foreign countries, children who aren't immunized are at a greater risk of getting sick. So don't wait to take your child to the doctor only when he or she seems sick. Babies need their first shots at birth, and more in the months that follow, as they grow.

CHIP, brought to you by First Priority Health, encourages you to schedule routine visits. Ask your Primary Care Physician (PCP) if your child is up to date with his or her immunizations. Your PCP will be able to answer any questions or concerns you may have about vaccinating your child.



This chart shows some of the routine vaccines that are needed and when they should be given:

	Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	24 months	4-6 years	11-12 years	13-18 years
Diphtheria, Tetanus, Pertussis			DTaP	DTaP	DTaP		DTaP			DTaP	Tdap	Tdap
Haemophilus Influenzae Type B			Hib	Hib	Hib	Hib		Hib				
Hepatitis A						Hep A two doses						
Hepatitis B	Hep B	Hep B				Hep B			Hep B			
HPV											HPV females three doses	HPV
Inactivated Polio			IPV	IPV		IPV				IPV	IPV	
Influenza						Yearly 6-59 months						
Measles, Mumps, Rubella						MMR				MMR	MMR	
Meningococcal Disease											MCV4	MCV4
Pneumococcal			PCV	PCV	PCV	PCV						
Rotavirus			ROTA	ROTA	ROTA							
Varicella						Var				Var	Var	

As of January 2, 2008, this chart shows the recommended ages for children to receive currently licensed childhood vaccines through age 18. Any dose not given at the recommended age should be given at a later visit, when indicated and possible.

Approved by the Advisory Committee on Immunization Practices (ACIP), the American Academy of Pediatrics (AAP) and the American Academy of Family Physicians (AAFP).

Var Dark blue bars indicate vaccines to be given if previously recommended doses were missed or given earlier than the recommended minimum age.

Var Light blue bars indicate the range of recommended ages for immunization.

Our Prenatal Program Is Here if Your Teen Needs Help

If your teen becomes pregnant, she needs the same physical care as adults and, in most cases, extra emotional and psychological care as well. The **Blue Health Solutions**SM Prenatal Care Program is a value-added service that is provided at no additional cost to CHIP members who are pregnant. This program does not replace the care of a doctor or other health care provider. Instead, it offers added support and resources. We work with teens and their health care providers to have the best possible care and outcomes for mother and baby.

What Does the Program Offer? The program is designed to give your teen education and support throughout her pregnancy to complement the care she gets from her doctor. The program is tailored to meet the special needs of pregnancy by offering:

- A book about pregnancy or child care
- A prenatal calendar to follow the pregnancy, month by month
- Phone calls from a Care Coordinator to help guide teens through pregnancy, if needed
- A discount toward a pregnancy-related class (offered by participating vendors)
- Coordination of care with the OB-GYN, as needed
- Access to other health improvement programs, such as tobacco cessation, diabetes and depression
- Access to individualized literature and instruction on topics including:
 - Signs of pre-term labor
 - Warning signs of potential pregnancy complications
 - Feeding methods and more



How to Sign Up Teens can call a Care Coordinator to join. This will help the Care Coordinator to identify and understand any special needs during the pregnancy. The Care Coordinator is a Registered Nurse with special education in prenatal care. All information is confidential and will be shared only with the doctor, if necessary. Follow-up calls will be made as needed, based upon individual needs.

To Find Out More If you would like to learn more about the **Blue Health Solutions** Prenatal Program, please call the Care Coordinator toll free at **1-866-262-4764**, Monday through Friday, 8 a.m. to 8 p.m. or **(TTY) 1-800-413-1112**. You can also find information on the Prenatal Care Program at **www.bcnepa.com**. Just click on “Blue Health Solutions,” then “MyHealth Manager.”

To be eligible for enrollment in the Prenatal Program, teens must be CHIP members, remain actively enrolled in First Priority Health and return a completed Prenatal Program questionnaire.

Help for Overweight Children

Overweight children have a 30 to 70 percent chance of growing up to be overweight adults. They have a higher risk of developing Type II diabetes, gallbladder disease, sleep apnea and asthma.

Some of the risk factors that can lead to weight gain in children are:

- Not getting enough physical activity (less than 15 minutes per day)
- Eating high-fat, high-sugar foods often, such as chips, cookies, candy, ice cream, fried foods
- Not eating at regular mealtimes every day and skipping meals
- Having overweight family members
- Spending several hours each day using the computer or playing video games
- Snacking while watching TV or playing video games
- Eating fast foods more than once per week
- Drinking sweetened beverages daily such as soda, juice drinks and fruit juice

A doctor or school nurse can determine your child's healthy weight range. These health professionals use tools such as body mass index (BMI) and growth charts to track children's growth patterns over time. This helps them figure out the healthy weight range for each child.

The **Blue Health Solutions** Weight Management Program can help you and your child create better habits that will help to slow unhealthy weight gain. The program consists of medical nutrition therapy with a state-licensed registered dietitian, educational materials and phone calls with a health care professional. To join the program, your child must be at least 2 years old, have a body mass index-for-age at or above the 85th percentile and be under a doctor's care.

Visit **www.bcnepa.com** and click on “Blue Health Solutions,” then “MyHealth Manager” to learn more about the program. You can also call **1-866-262-4764**, weekdays 8 a.m. to 8 p.m.



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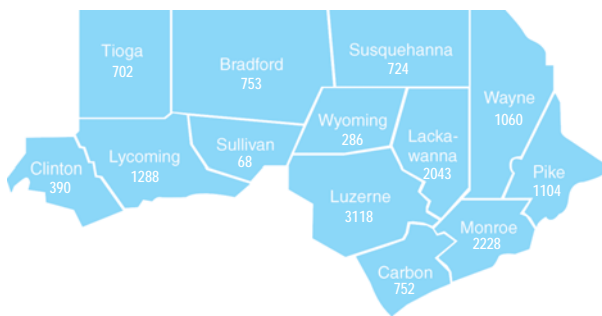
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Enrollment by county as of April 1, 2008

Total enrolled - 14,516



Editor: Ann Poepperling

If you have any questions about CHIP, please call First Priority Health at **1-800-543-7199** or **(TTY) 1-800-413-1112**, or write to us at 19 North Main Street, Wilkes-Barre, PA 18711-0302. Visit us on the web at www.chipcoverspakids.com or www.bcnepa.com.

This material is not intended as medical advice. Please talk to your child's doctor about this and any other health information.

This managed care plan may not cover all your health care expenses. Read your contract carefully to determine which health care services are covered. **1-800-543-7199**

Renewal Reminder

Once a year, on the anniversary date of your child's enrollment, First Priority Health reviews your child's eligibility for CHIP coverage. We call this process "renewal." Each year, 90 days prior to your child's renewal date, we will send you a letter requesting that you verify your income and other family information. It is important that you return the required information by the due date so your child's CHIP coverage continues. Without this information, your child's coverage will end on the last day of the month of his/her anniversary date. If you prefer, you can renew online at www.compass.state.pa.us.