

CARE CONNECTION

News for a Healthy You



FALL
2024
NEWSLETTER

INDIVIDUAL &
FAMILY PLANS

 **Jefferson**
Health Plans

Your Guide to
Getting Care

*Know where and
when to go on
page 2*

Fall Into
Good Health

*Find tips on
page 3*

Have you Gotten
your free Check Up?

*Learn more on
page 4*

GET MORE FROM YOUR PLAN

THANK YOU for being a valued member.

We appreciate you trusting us to support your health. We're here for you in every season of your health journey.

Find an In-Network Doctor & Unlock Savings!

Looking for a doctor? Visit JeffersonHealthPlans.com/FindProviders
Choose a Jefferson Health Plans network provider to save more with lower out-of-pocket costs.



----- Cut and save for future reference. -----

YOUR GUIDE TO GETTING CARE

Know where to go to get the care you need, when you need it.



VIRTUAL CARE

You have 24/7 access to Jefferson providers without ever leaving your home through JeffConnect.

USE FOR:

Common medical concerns like colds, coughs, fevers, digestive issues



PRIMARY CARE PROVIDER

Your PCP knows you best, offering personalized care from routine checkups to more complex needs.

USE FOR:

Yearly well visits, vaccinations, non-life-threatening emergencies



URGENT CARE

Walk-in appointments and extended hours make it easy to get seen in-person quickly.

USE FOR:

Minor allergic reactions, asthma attacks, sprains, severe cuts



EMERGENCY ROOM

In a life-threatening emergency, visit the emergency room (ER) to receive care immediately.

USE FOR:

Signs of heart attack or stroke, major injury, and other medical emergencies



Save Time and Money with Virtual Care:

Get 24/7 access to Jefferson providers for non-emergencies at a lower cost than the ER or Urgent Care.

 Visit JeffConnect.org to set up your account today!

FALL INTO GOOD HEALTH: TIPS FROM JEFFERSON PROVIDERS

We beat the heat of summer, but fall can bring a new set of health challenges to navigate. Here are recommendations from Jefferson experts on how to stay healthy this fall:



Build autumn armor with healthy habits and vaccinations.

Stay ahead of the spread of germs with regular hand washing and hand sanitizer. Boost your immune system with a balanced diet, plenty of sleep, and hydration – and stay up to date on your vaccinations for the flu and COVID-19 based on your PCP's recommendations. As a Jefferson Health Plans member, you can get free flu and COVID-19 vaccinations!*

**When seeing an in-network provider*



Adjust your internal clock.

We may be gaining an extra hour during fall daylight savings, but that doesn't mean that it may not negatively affect our sleep. To best adjust, practice positive sleeping habits: stick to a regular bedtime, avoid bright lights or consuming alcohol before bed, and keep your room cool.



Nip seasonal allergies in the bud.

Fall brings ragweed and other pollen allergies that can lead to sinus infections and bronchitis. Use over-the-counter treatments and air purifiers to combat allergies at home and avoid outdoors during peak pollen levels, usually in the morning.



FALL 2024 NEWSLETTER

Your Guide to
Getting Care
page 2

Fall Into
Good Health
page 3

Have you Gotten your
free Check Up?
page 4

NEWS FOR A HEALTHY YOU



Jefferson Health Plans
1101 Market Street, Suite 3000
Philadelphia, PA 19107

Have questions?

If you need more information about your plan,
or help finding an in-network provider, [call us!](#)

1-833-422-4690 (TTY 1-877-454-8477)

Oct 1 – Mar 31
8 a.m. to 8 p.m.
7 days/week

Apr 1 – Sep 30
8 a.m. to 8 p.m.
Monday–Friday

HAVE YOU GOTTEN YOUR FREE CHECK UP?

Your first Primary Care Provider (PCP) visit is on us!

This free benefit helps you connect with your PCP as a partner in health to coordinate your care.

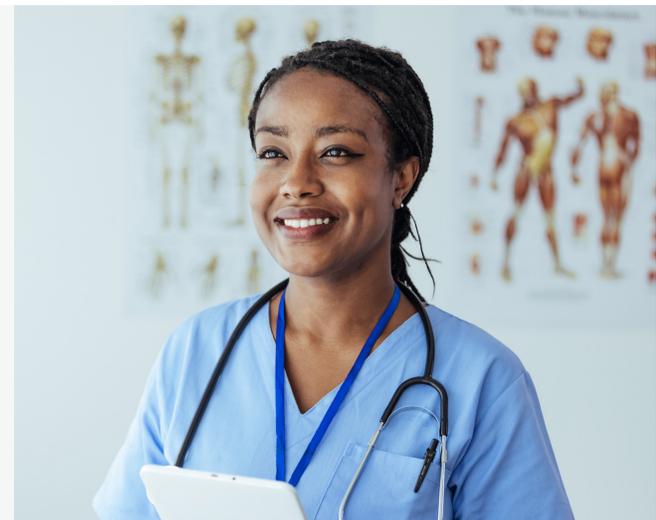
Schedule your visit today to get the most from your plan!

If you need help finding a doctor, visit

JeffersonHealthPlans.com/Individuals-Families

to search our provider directory.

** First visit is free when seeing a Tier 1 provider only.*



 Jefferson Health Plans

 @jeffersonhealthplans

 **Jefferson Health Plans**