



Member and Stakeholder Communication Bulletin #53

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January 27, 2026

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ACCESSING YOUR HEALTH INFORMATION AND MEMBER CLAIMS



Starting January 1, 2026, members have more rights about how your data is shared through different computer programs. You have the right to access certain information through an API (Application Programming Interface). An API is a tool that lets different computer programs share data safely and easily.

WHEN YOU USE AN API:

- ▲ You can ask for information that is made public or shared by the organization.
- ▲ You should know what data you are allowed to see and what is private.
- ▲ You can use the data for learning, research, or building your own projects—if the rules allow it.
- ▲ You should always follow the terms of service and respect privacy laws.

If you think you are being blocked from information you have a right to see, you can ask Trillium for help or more details.

APIs help make information open and fair for everyone to use safely and responsibly.

On January 1, members will be able to give these permissions through 1UpHealth. 1UpHealth will look different from Edifecs, the current vendor we use for members to see their claim information. Members will need to download new applications in order to view their claims information.

1UpHealth has approved the following apps for member use. Members should review apps and can download from the Google Store or Apple Store as instructed on the [**1UpHealth page**](#).

 OneRecord

 myFHR by Care Evolution

 Flexpa

 MPowered

BUILD A HEALTHIER YOU!

At Trillium, we're excited to offer programs designed to help improve the overall health and well-being of our members. Our chronic health condition and opioid misuse programs are here to support both physical and mental health, addressing the challenges faced in our communities. After all, our communities are only as strong as our people. We focus on key areas such as weight management, diabetes, heart health, and asthma—because a healthier you means a stronger, happier community for all. Join us today to take proactive steps toward a brighter, healthier future!

Talk to your care manager if you are interested in learning more.

[Chronic Disease Awareness and Prevention](#)

[Opioid Misuse Program](#)

HOW DRY JANUARY SUPPORTS A HEALTHIER YEAR

One Month, New Habits



January 06, 2026

SHARE   

ONE MONTH, NEW HABITS

Every January, people from all over the world take part in something called Dry January. The name sounds simple, but the idea behind it is actually very meaningful. Dry January is a month-long challenge where people choose not to drink alcohol at all. That means no beer, no wine, no cocktails—nothing with alcohol in it—from January 1 through January 31. It is the first step toward a healthier and more mindful year.

Have you tried Dry January? [**Read our latest blog post**](#) for more information! Our blog posts share about plan updates, exciting new programs, and tips you can use to meet your health goals.

GROWSMART: LEAD AWARENESS

Are you the parent or guardian of a child receiving services through Trillium? They may be eligible for Early and Periodic Screening, Diagnosis and Treatment (EPSDT) services. These preventive health screenings can improve the overall health of children.

Each month our Tailored Care Managers share about these screenings and tools through our [GrowSmart program](#). In January, they are sharing about Lead Awareness. Lead poisoning can be stopped, but it can cause problems that last a long time.

[Learn more on our EPSDT webpage](#)

Trillium
HEALTH RESOURCES

**GrowSmart EPSDT Health Promotion:
January 2023**

January is Lead Awareness Month. Start the year by making sure your child has been tested for lead. Lead poisoning is preventable, but its effects can last a lifetime.

What Is Lead And Why Is It Bad For Kids?
Trillions of tiny lead particles are in your child's home and body. Kids under 6 are most at risk because they often put things in their mouths. Lead can be found in old paint, dairy soils, water from old pipes, and some ways. Signs of lead poisoning: learning problems, tiredness, stomach pain, and slow growth.

What Do Doctors Recommend?
CDC says kids should get lead tests at 12 and 24 months. Doctors use a finger-prick test first. If lead is found, they do another test. Even small amounts of lead can be harmful. Eating foods with iron and calcium helps protect against lead.

Why Well Child Visits Matter
These visits let doctors check your child's growth and health. They include lead tests, advice on eating healthy and tips to keep your home safe. If your child doesn't have a doctor, we can help you find one.

Tips For Parents

- Clean up peeling paint and dust
- Use cold water for cooking and drinking
- Wash hands and toys often
- Clean floors and windowills
- Eat healthy foods with iron, calcium, and fiber
- Regular meals help block lead

Stay Involved in Your Child's Health

- Schedule Well Child Visits
- Get lead tests on time
- Keep your home lead-safe
- Look for signs of slow growth or learning problems

Lead Screening Timeline

Age	Key Actions
12 mos.	First lead test
24 mos.	Second lead test
6 mos. to 6 yrs.	Keep checking for risks
Every year	Keep your home safe and healthy

Questions? Call your care manager for more details.
Member & Recipient Services: 1-877-685-2415

Sources: CDC, Lead Poisoning Prevention, AAP, Lead Exposure Policy & EPA, Protect Your Family from Lead in Your Home

COME OUT TO PLAY IN GREENE COUNTY!

We had a blast at the playground opening in Snow Hill! This new Inclusive playground at Greene County Recreation Complex has smooth surfaces to accommodate wheelchairs and equipment for children of all ages and abilities.

Having a place to play where everyone feels welcome helps build connection and remove stigmas. We all deserve an even playing field!



[Visit our website](#) for more details.

As always, members may contact Trillium through our **Member and Recipient Services at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

