

Pennsylvania HealthChoices

Member Newsletter

August is Summer Sun Safety Month¹

Sun safety is something to practice all of the time. The month of August is recognized as **Summer Sun Safety Month**. This focus on sun safety helps to reduce skin cancers from ultraviolet (UV) light. Skin cancer is the most common cancer in the United States.

Most skin cancers are a result of too much exposure to UV light. UV rays damage skin cells. These UV rays are an invisible kind of radiation. They come from the sun, tanning beds, and sunlamps.

Protection from UV rays is important all year long. The UV rays are much stronger from the sun during summer months in Pennsylvania. This is certainly true between 10 a.m. and 4 p.m.

UV rays can also reach us on cloudy and cool days. In fact, UV rays reflect off of surfaces such as water, cement, sand, and even snow. Weather forecasts often include UV index forecasts. If the UV index is 3 or more, be sure to protect your skin when you are outside.

Being outside is certainly very important for many reasons. Getting exercise and reducing stress are common reasons to enjoy the outdoors. For these reasons and more we need to be outside to balance our lives. It is wise to know the risks of skin cancer and to protect your skin as often as possible. We should also share these helpful tips and important facts with friends and family.

Here are several sun safety tips and facts:

- **Shade**—When possible, stay in the shade under a tree, shelter, or umbrella.
- **Protective clothing**—When practical, choose UV protective clothing. Choosing a T-shirt or bathing suit cover-up are also good choices.
- **Hat**—Use a hat with a brim all the way around to protect your neck and ears.
- **Sunglasses**—Wearing sunglasses gives protection against UV rays and adds extra protection for the sensitive skin around our eyes.
- **Sunscreen**—Be sure to re-apply after sun exposure for 2 hours and check the expiration date.
- **Promote Sun-Safe Behaviors**—Schools and employers should use proven educational programs about sun safety.

1. CDC

View the [Member Handbook](#) and [Newsletter](#) at MagellanofPA.com under Member Resources. Sign up to have the newsletter emailed to you!

Community & resource information

Member resource phone lines are staffed 24 hours a day, seven days a week, or go to MagellanofPA.com.

Find specialty providers on our website

- 1. Go to MagellanofPA.com
- 2. Click 'Provider Search' and follow next steps

Have a question about Community HealthChoices?

Participants: 1-833-735-4416

Providers: 1-800-932-0939

healthchoices.pa.gov/info/about/community

Email: RA-PWCHC@pa.gov

How to report fraud, waste and abuse of the system:

Special Investigations Unit

Hotline: 1-800-755-0850

Corporate Compliance

Hotline: 1-800-915-2108

View the *Member Handbook and Newsletter* at MagellanofPA.com under Member Resources.

Sign up to have the newsletter emailed to you!

Behavioral Health Matters podcast is available

Check out our podcast, with new episodes posted every 4-6 weeks. The show aims to promote positive mental health, increase our understanding of behavioral health (BH) topics and services, and reduce stigma.

Each episode includes engaging content focused on BH related topics. The conversations help the audience to better understand BH topics and services. Podcasts can help you relax. They can also help to inform the listener.



Upcoming community meetings

Please connect with the points of contact below. Meetings are subject to change.

Contact your county facilitator below to learn more about MY LIFE or visit magellanofpa.com/for-members/community/my-life:

- Bucks County: Katie Bandish, 215-360-6586
- Cambria County: Camette Standley, 814-961-0719
- Lehigh/Northampton Counties: Michele Davis, 610-814-8006
- Montgomery County: Stacey Volz, 215-504-3931

CSP monthly meetings for each County:

- Steph Cassanese, cassaneses@magellanhealth.com

County resources

Bucks County

Member: 1-877-769-9784

TTY: PA Relay 7-1-1

Emergency & Crisis Information:

Dial 988 for the National Suicide Hotline or contact one of the Crisis Centers below:

- Lenape Valley Foundation, Bristol: 215-785-9765
- Lenape Valley Foundation, Doylestown: 215-345-2273
- Lenape Valley Mobile Crisis: 1-877-435-7709
- Penn Foundation, Sellersville: 215-257-6551 (crisis services 7 a.m. – 11 p.m. daily)

Cambria County

Member: 1-800-424-0485

TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Dial 988 for the National Suicide Hotline

Cambria County Reach Crisis Center:

- 1-877-268-9463

Lehigh County

Member: 1-866-238-2311

TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-782-3127 or dial 988 for the National Suicide Hotline

Montgomery County

Member: 1-877-769-9782

TTY: PA Relay 7-1-1

- Peer Support Talk Line: 1-855-715-8255 (talk) or 1-267-225-7785 (text)
- Teen Talk Line: 1-866-825-5856 (talk) or 1-215-703-8411 (text)

Emergency & Crisis Information:

Dial 988 for the National Suicide Hotline or contact one of the Crisis Centers below:

- Access Mobile Crisis Services: 1-855-634-HOPE (4673)
- Montgomery County Emergency Services: 610-279-6100 or 1-844-455-7455

Northampton County

Member: 1-866-238-2312

TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-252-9060 or dial 988 for the National Suicide Hotline

Community HealthChoices

Managed care physical health care plan contact information

AmeriHealth Caritas CHC

amerihealthcaritaschc.com

- Participant Services: 1-855-235-5115 (TTY 1-855-235-5112)
- Nurse Call Line: 1-844-214-2472

Keystone First CHC

keystonefirstchc.com

- Participant Services: 1-855-332-0729 (TTY 1-855-235-4976)
- Nurse Call Line: 1-855-332-0117

PA Health & Wellness Community HealthChoices

pahealthwellness.com/members.html

- Participant Hotline: 1-844-626-6813 (TTY 1-844-349-8916)

UPMC Health Plan

<https://chc.upmchealthplan.com>

- Health Care Concierge: 1-844-833-0523 (TTY 711)
- Nursing Facility Clinically Eligible (NFCE) participants can call the Service Coordination Departments (TTY 711):
 - Southwest: 1-844-860-9302
 - Southeast: 1-833-672-8078
 - Northwest, Northeast, and Lehigh/Capital: 1-833-280-8508



PA COMPASS website to check
contact information for Medical
Assistance Renewal



Consent form to receive text
messages from Magellan

PA HealthChoices plan contact information

Plan	Bucks	Cambria	Lehigh	Montgomery	Northampton
AmeriHealth Caritas Pennsylvania Members: 1-888-991-7200 TTY: 1-888-987-5704 Special Needs Unit: 1-800-684-5503		X	X		X
Geisinger Health Members: 1-855-227-1302 TTY: PA Relay 7-1-1 Special Needs Unit: 1-855-214-8100 ghpfamily.com	X	X	X	X	X
Health Partners Members: 1-800-553-0784 TTY: 1-877-454-8477 Special Needs Unit: 1-866-500-4571 HPPplans.com	X	X	X	X	X
Highmark Wholecare Members: 1-800-392-1147 TTY: PA Relay 7-1-1 Special Needs Unit: 1-800-392-1147 highmarkwholecare.com		X	X		
Keystone First Members: 1-800-521-6860 TTY: 1-800-684-5505 Special Needs Unit: 1-800-573-4100 keystonefirstpa.com	X			X	
United Healthcare Community Plan Members: 1-800-414-9025 TTY: PA Relay 7-1-1 Special Needs Unit: 1-877-844-8844 uhccommunityplan.com	X			X	
UPMC for You Members: 1-800-286-4242 TTY: PA Relay 7-1-1 Special Needs Unit: 1-866-463-1462 upmchealthplan.com	X	X	X	X	X



HealthChoices Help Line: 1-800-440-3989 or enrollnow.net
Medicare primary information: benefitscheckup.org

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