

Pennsylvania HealthChoices

Member Newsletter

Know the risks of marijuana¹

Marijuana use comes with real risks that can impact a person's health and life. This is especially true for youth and young adults. Using marijuana is also risky for women who are pregnant or nursing. Today this drug is stronger than ever before. People can and do become addicted to marijuana.

Marijuana risks for negative and long-term effects

- **Brain health:** Marijuana can cause permanent IQ loss of as much as eight points when people start using it at an early age.
- **Mental health:** Studies link marijuana use to depression, anxiety, suicide planning, and psychotic episodes. (It is not known, however, if marijuana use is the cause of these conditions.)
- **Athletic performance:** Research shows that marijuana negatively affects timing, movement, and coordination.
- **Driving:** People who drive under the influence of marijuana can experience dangerous effects such as slower reactions, lane weaving, decreased coordination, and difficulty reacting to signals and sounds on the road.
- **Baby's health and development:**
 - Marijuana use during pregnancy may cause fetal growth restriction, premature birth, stillbirth, and problems with brain development, resulting in hyperactivity and poor cognitive function.
 - THC and other chemicals from marijuana can also be passed from a mother to her baby through breast milk, further impacting a child's healthy development.
- **Daily life:** Research shows that people who use marijuana are more likely to have relationship problems, worse educational outcomes, lower career achievement, and reduced life satisfaction.

See page 2 for more information about the risks of marijuana for teenagers.

¹Substance Abuse and Mental Health Services Administration (SAMHSA) provided helpful information for this full story. Additional resources and infographics are available at <https://www.samhsa.gov/marijuana>.

Did you know?

- The perception of how harmful marijuana use can be is declining.
- Increasingly, young people today do not consider marijuana use a risky behavior.
- Approximately 1 in 10 people who use marijuana will become addicted.
- When someone starts marijuana use before age 18, the rate of addiction rises to 1 in 6.
- Over the past few decades, the amount of THC in marijuana has steadily climbed and today's marijuana has three times the concentration of THC compared to 25 years ago leading to increased rates of marijuana-related ER visits.

View the *Member Handbook and Newsletter* at [MagellanofPA.com](https://www.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](https://www.magellanofpa.com).

Find specialty providers on our website

1. Go to [MagellanofPA.com](https://www.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

Tips for Teens: Get the Facts About Marijuana²

- Marijuana affects your brain
- Marijuana affects your self-control
- Marijuana affects your lungs
- Marijuana use is negatively linked with other aspects of your health
- Marijuana is not always what it seems
- Marijuana can be addictive

Marijuana affects the development of teen brains. Talk with an adult you trust if you have questions.

For more information about the impact of marijuana:

- Visit store.samhsa.gov
- Call 1-877-SAMHSA-7 (1-877-726-4727)

² <https://store.samhsa.gov/sites/default/files/d7/priv/pep19-05.pdf>

Upcoming community meetings

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

Contact your MY LIFE facilitator below to receive the schedule for the upcoming meetings in each County or visit [magellanofpa.com/for-members/community/my-life](https://www.magellanofpa.com/for-members/community/my-life):

- Bucks County: Amanda Grace Krier, 215-595-5795
- 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:

- Crisis Hotline: 1-800-499-7455
- 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:

- Cambria County Crisis Reach Line: 877-268-9463

Lehigh County

Member: 1-866-238-2311

TTY: PA Relay 7-1-1

Emergency & Crisis Information: 610-782-3127

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:

- 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

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

upmchealthplan.com/chc

- 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 HealthChoices managed care physical health care plan contact information

| Bucks & Montgomery | Member Lines | For TTY Users | Special Needs Unit | Website |
|----------------------------------|---------------------|----------------------|---------------------------|--------------------------|
| Geisinger Health Plan | 1-855-227-1302 | PA Relay 7-1-1 | 1-855-214-8100 | ghpfamily.com |
| Health Partners | 1-800-553-0784 | 1-877-454-8477 | 1-866-500-4571 | HPPlans.com |
| Keystone First | 1-800-521-6860 | 1-800-684-5505 | 1-800-573-4100 | keystonefirstpa.com |
| UnitedHealthcare Community Plan | 1-800-414-9025 | PA Relay 7-1-1 | 1-877-844-8844 | uhcommunityplan.com |
| UPMC for You | 1-800-286-4242 | PA Relay 7-1-1 | 1-866-463-1462 | upmchealthplan.com |
| Cambria County | Member Lines | For TTY Users | Special Needs Unit | Website |
| AmeriHealth Caritas Pennsylvania | 1-888-991-7200 | 1-888-987-5704 | 1-800-684-5503 | amerihealthcaritaspa.com |
| Geisinger Health Plan | 1-855-227-1302 | PA Relay 7-1-1 | 1-855-214-8100 | ghpfamily.com |
| Health Partners | 1-800-553-0784 | 1-877-454-8477 | 1-866-500-4571 | HPPlans.com |
| Highmark Wholecare | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-392-1147 | highmarkwholecare.com |
| UPMC for You | 1-800-286-4242 | PA Relay 7-1-1 | 1-866-463-1462 | upmchealthplan.com |
| Lehigh & Northampton | Member Lines | For TTY Users | Special Needs Unit | Website |
| AmeriHealth Caritas Pennsylvania | 1-888-991-7200 | 1-888-987-5704 | 1-800-684-5503 | amerihealthcaritaspa.com |
| Geisinger Health Plan | 1-855-227-1302 | PA Relay 7-1-1 | 1-855-214-8100 | ghpfamily.com |
| Health Partners | 1-800-553-0784 | 1-877-454-8477 | 1-866-500-4571 | HPPlans.com |
| Highmark Wholecare | 1-800-392-1147 | PA Relay 7-1-1 | 1-800-392-1147 | highmarkwholecare.com |
| UPMC for You | 1-800-286-4242 | PA Relay 7-1-1 | 1-866-463-1462 | upmchealthplan.com |

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

