



Pennsylvania HealthChoices

Member Newsletter

Perinatal depression is a common health condition¹

Help is available and you are not alone

Many pregnant women and new mothers struggle with perinatal depression. It is common for this condition to cause sadness and anxiety. Perinatal depression can make it difficult for a woman to care for herself and her baby.

This condition can occur during a pregnancy or up to one year following the birth of your child.

You may have heard of the 'baby blues.' Perinatal depression is more serious than some tears or the blues. It is normal for moms who just gave birth to be stressed and exhausted. However, if these feelings last more than two weeks, you should talk to your doctor or midwife.

Key facts:

- It can happen to any mother
- 1 in 7 women will experience perinatal depression
- It can affect women of any age, race, ethnicity, culture, income, or education

Here are the common symptoms of perinatal depression:

- Feeling sad or hopeless most of the time
- Lack of interest in things you used to enjoy
- Less interest in caring for yourself (dressing, fixing hair) and trouble concentrating
- Trouble coping with daily tasks
- Constant worry about your baby
- Sleeping or eating too much or too little
- Feeling very anxious or nervous
- Unexplained irritability or anger
- Unwanted or scary thoughts
- Feeling that you are not a good mother
- Thoughts of hurting yourself or your baby

Remember, you are not alone. Help is available. Please reach out to your doctor or midwife to provide advice for you and your baby. They can help with the proper treatment.

Effective treatments can include counseling, joining a support group, and a prescription in some cases. A combination of these treatments is also possible. Your doctor or midwife will be able to help you. Also, please contact Magellan's Member Services for support and the connection to resources if you prefer.

Additional resources available to help:

- National Maternal Mental Health Hotline: **1-833-943-5746**
- Postpartum Support International: **www.postpartum.net**

¹Healthy Start EPIC Center, the National Institute for Children's Health Quality (NICHQ), and the Health Resources and Services Administration (HRSA) provided helpful information for this full story.

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](https://www.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 \[MagellanofPA.com\]\(https://www.magellanofpa.com\) under Member Resources.](#)

Sign up to have the newsletter emailed to you!

Your action is needed. Members must renew Medical Assistance eligibility at the renewal date.

- Make sure your contact information is up to date and check your renewal date. If your address has changed since 2020 and/or you are unsure of when your renewal is coming:
 - Use the myCOMPASS PA mobile app
 - Visit the PA COMPASS website at dhs.pa.gov/COMPASS
 - Call the Customer Service Center at **1-877-395-8930**.
- Check your mail. Your renewal packet will be coming in the mail.
- Complete and return your renewal by the due date printed in the renewal packet. There are four ways you can complete and submit your renewal:
 - By mail—Complete and return the forms by mailing them back in the provided envelope
 - Online—Complete your renewal online in COMPASS
 - Telephone—Call **1-866-550-4355** to complete your renewal over the phone
 - In-Person—Complete and submit your renewal in person at any local county assistance office (CAO).

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:

- Dial 988 for the National Suicide Hotline

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