

Pennsylvania HealthChoices

Member Newsletter

February is American Heart Month¹

The American Heart Association (AHA) has many resources available on its website. The AHA focuses on sharing healthy living tips year-round. For the month of February, you will see more people wearing red to help with heart awareness. This is a helpful step. Knowing some facts and sharing them with friends and family can also help.

- For example, did you know that heart disease is consistently the leading cause of death in the United States?
- Did you know that you can find CPR training options and find the CPR guidelines by visiting cpr.heart.org?
- Lifestyle choices (see below) can improve your heart health.

The AHA's healthy living tips offer good reminders for adults and youth. The month of February is a good time to review this advice. Share these tips with friends and family. If you have any questions, be sure to talk with your primary care doctor.

Healthy eating suggestions from the AHA (www.heart.org/eatsmart):

- Balance calorie intake with physical activity
- Add a variety of fruits and vegetables
- Incorporate whole grains
- Focus on healthy protein sources, mostly from plants and seafood
- Use nontropical liquid plant oils
- Eat minimally processed foods
- Minimize added sugars
- Cut down on salt
- Limit alcohol (If you do not drink alcohol, do not start)
- Follow these recommendations whether eating at home or dining out

Healthy sleep suggestions from the AHA (www.heart.org/sleep):

- 1 in 3 adults do not get enough sleep
- Most adults need 7 to 9 hours of sleep each night
- Kids and teens need more sleep, yet the average high school student only gets 6.5 hours of sleep per night (20% of high school students get 5 hours or less!)
- Good sleep helps with healing and repair of cells, tissues, and blood vessels
- Good sleep leads to healthy growth and development for kids and teens
- Poor sleep leads to higher risk for heart disease, high blood pressure, infections, obesity, stress, etc.

1. American Heart Association

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, 814-999-5851
- Lehigh/Northampton Counties: Janet Verga, 610-858-3116
- Montgomery County: Coleen McGeehan, 610-906-9474
- Somerset/Bedford Counties: Natalie Kauffman, 814-622-7305

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, Quakertown: 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

Community HealthChoices

Managed care organization 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

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

Somerset & Bedford Counties

Member: 1-800-424-5860

TTY: PA Relay 7-1-1

Emergency & Crisis Information:

- Dial 988 for the National Suicide Hotline

UPMC Community HealthChoices

www.upmchealthplan.com/CHC

- Participant Services: 1-844-833-0523 (TTY 711)

PA Health & Wellness Community HealthChoices

pahealthwellness.com

- Participant Hotline: 1-844-626-6813 (TTY 711)



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 <i>EMSU: Enhanced Member Supports Unit</i>	Bedford / Cambria / Somerset	Bucks / Montgomery	Lehigh / Northampton
AmeriHealth Caritas Pennsylvania Members: 1-888-991-7200 TTY: 1-888-987-5704 EMSU: 1-800-684-5503 amerihealthcaritaspa.com	X		X
Geisinger Health Plan Members: 1-855-227-1302 TTY: PA Relay 7-1-1 EMSU: 1-855-214-8100 ghpfamily.com	X	X	X
Health Partners Plans Members: 1-800-553-0784 TTY: 1-877-454-8477 EMSU: 1-866-500-4571 healthpartnersplans.com	X	X	X
Highmark Wholecare Members: 1-800-392-1147 TTY: PA Relay 7-1-1 EMSU: 1-800-642-3550 highmarkwholecare.com	X		X
Keystone First Members: 1-800-521-6860 TTY: 1-800-684-5505 EMSU: 1-800-573-4100 keystonefirstpa.com		X	
United Healthcare Community Plan Members: 1-800-414-9025 TTY: PA Relay 7-1-1 EMSU: 1-877-844-8844 uhccommunityplan.com		X	
UPMC for You Members: 1-800-286-4242 TTY: 1-800-361-2629 EMSU: 1-866-463-1462 upmchealthplan.com	X	X	X



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