

Pennsylvania HealthChoices

# Member Newsletter

## Vaping/E-cigarette use is dangerous for youth and many adults<sup>1</sup>

What is the definition of vaping or an e-cigarette?

- It is when a device is used to heat a liquid to make a fog (vapor) which has nicotine (sometimes marijuana) for people to inhale
- It is important to know that the nicotine in vaping liquid mostly comes from tobacco

Youth are quickly turning to e-cigarettes and vaping. According to the CDC, e-cigarettes have been the most common form of tobacco used by U.S. youth since 2014. In 2019, CDC and FDA reported the following data about the average usage rates of e-cigarettes for youth across America:

- 1 in 4 high school students
- 1 in 10 middle school students

This is risky behavior for youth for many reasons. The known risks are:

- Nicotine is highly addictive
- Nicotine can harm brain development
- Nicotine can create negative educational results
- An increased risk for future addiction to other drugs
- Some chemicals in vape liquids can increase the risk of cancer

These health risks affect many adults too. We know that vaping and e-cigarette use by some adults is a tactic to stop the use of other forms of tobacco. It is too early though to know if these products are safe for adult use. More science is needed.

Have you heard of Nicotine Replacement Therapy? For most adults this is a safe solution to quit tobacco use. Speak with your doctor to see if this can help you. Magellan encourages those searching for tobacco support to also consider these resources:

- [www.cdc.gov](http://www.cdc.gov)
- [www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx](http://www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx)
- [www.pa.quitlogix.org/en-us](http://www.pa.quitlogix.org/en-us)
- 1-800-QUIT-NOW
- Send an email to [Tobaccosupport@MagellanHealth.com](mailto:Tobaccosupport@MagellanHealth.com) to receive support information and resources
- Call Magellan Member Services (*see pages 2 & 3*)

1. CDC.GOV

See page 2 for important COVID-19 resources and information.

View the *Member Handbook* and *Newsletter* at [www.MagellanofPA.com](http://www.MagellanofPA.com).  
Sign up to have the newsletter emailed to you!

## Community & resource information

Call to confirm MY LIFE meeting dates and locations. Or visit [MagellanofPA.com](http://MagellanofPA.com) and go to the Community tab to find the MY LIFE page.

No RSVP is required for MY LIFE and Community Support Program meetings.

The resource phone lines are staffed 24 hours a day, seven days a week, or go to [MagellanofPA.com](http://MagellanofPA.com).

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### Find specialty providers on our website

1. Go to [MagellanofPA.com](http://MagellanofPA.com)
2. Click 'Find a Provider'
3. Click 'Provider Search' and follow next steps

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### Have a question about Community HealthChoices?

*Participants:* 1-833-735-4416

*Providers:* 1-800-932-0939

[www.healthchoices.pa.gov/info/about/community](http://www.healthchoices.pa.gov/info/about/community)

Email: [RA-PWCHC@pa.gov](mailto:RA-PWCHC@pa.gov)

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### 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

## Cambria County

### MY LIFE meetings

May 12, June 9,  
5–7 p.m., Behavioral Health of Cambria County, Johnstown.  
Contact Heidi Niebauer:  
814-961-0687.

### Community Support Program (CSP) meeting

3rd Thursday of the month  
@ 1:00 p.m.

PEN Drop-In Center  
514 Somerset Street  
Johnstown, PA 15901

### Resources

*Member:* 1-800-424-0485

*TTY:* PA Relay 7-1-1

*Emergency & Crisis Information:*

- Center for Community Resources: 877-268-9463
- Meadows Psychiatric Center: 800-641-7529

## Delaware County

### MY LIFE meetings

May 5, June 2,  
5:30–7:30 p.m., Unitarian Universalist Church of Delaware County, Media.  
Contact David Son:  
215-504-3915.

### Community Support Program (CSP) meeting

3rd Monday of each month  
@ 4:30 p.m.

Welcome House  
7700 West Chester Pike  
Upper Darby, PA 19082

### Resources

*Member:* 1-888-207-2911

*TTY:* PA Relay 7-1-1

*Emergency & Crisis Information:*

- Crisis Connections Team: 855-889-7827
- Crozer-Chester Medical Center, Upland: 610-447-7600

## Staying connected... While we are apart

Recently we started to learn about "social distancing" and COVID-19. It takes everyone to fight this disease. It is important to listen to the advice of experts. All crowds should be avoided. It is likely that your services are being delivered in a new way. We understand that this could be a concern. Maybe your services now use telehealth with video. Maybe only a phone call is possible. It is still important to stay connected to your supports. It is also important to protect public health at the same time.

Local COVID-19 resources are available to help you and your family. For example:

- Magellan staff are available to help you with access to services or to answer your questions at [PACOV19membersupport@MagellanHealth.com](mailto:PACOV19membersupport@MagellanHealth.com)
- Our website has over 200 helpful resources, including many COVID-19 resources to help you with financial, housing and food solutions
- Go to [www.health.pa.gov](http://www.health.pa.gov) for daily COVID-19 updates
- Magellan Member Services staff are available at the phone numbers listed on pages 2 & 3 for your county of residence.

## Bucks County

### MY LIFE meetings

May 14, June 11,  
5:30–7:30 p.m., Christ's Home  
Church, Warminster. Contact  
Marissa MacKeverican:  
215-504-3966.

### Community Support Program (CSP) meetings

#### Upper Bucks County

2nd Friday of the month  
@ 10:30 a.m.

Penn Foundation Main Building  
807 Lawn Ave  
Sellersville, PA 18960

#### Central Bucks County

1st Wednesday of the month  
@ 11:00 a.m.

Lenape Valley Foundation  
500 North West Street  
Doylestown, PA 18901

#### Lower Bucks County

2nd Thursday of the month  
@ 2:00 p.m.

Penn del Mental Health Center  
1517 Durham Road  
Penn del, PA 19047

### Resources

Member: 1-877-769-9784  
TTY: PA Relay 7-1-1

#### Emergency & Crisis Information:

- 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)

## Lehigh & Northampton Counties

### MY LIFE meetings

May 8, June 12,  
5–7 p.m., St. Paul's United  
Church of Christ, Allentown.  
Contact Michele Davis:  
610-814-8006.

### Community Support Program (CSP) meetings

#### Lehigh County

2nd Monday of each month  
@ 12:30 p.m.

Clubhouse of Lehigh County  
1437 W. Gordon Street  
Allentown, PA 18102

#### Northampton County

2nd Monday of each month  
@ 9:30 a.m.

#### NAMI

802 W. Broad Street  
Bethlehem, PA 18018

### Resources

#### Lehigh County

Member: 1-866-238-2311  
TTY: PA Relay 7-1-1

Emergency & Crisis Information:  
610-782-3127

#### Northampton County

Member: 1-866-238-2312  
TTY: PA Relay 7-1-1

Emergency & Crisis Information:  
610-252-9060

## Montgomery County

### MY LIFE meetings

May 13, June 10,  
5–7 p.m., Norristown Public  
Library, Norristown. Contact  
Kara Henry: 610-209-8590.

### Community Support Program (CSP) meeting

3rd Thursday of the month  
@ 12 p.m.

Norristown Public Library  
Community Room  
1001 Powell Street  
Norristown, PA 19401

### Resources

Member: 1-877-769-9782  
TTY: PA Relay 7-1-1

#### Emergency & Crisis Information:

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

### Please note:

Due to COVID-19, all  
April MY LIFE and  
community meetings  
are cancelled, and  
meetings in May and June  
are subject to change.

## PA HealthChoices managed care physical health care plan contact information

<b>Bucks, Delaware &amp; Montgomery Counties</b>	<b>Member Lines</b>	<b>Special Needs Unit</b>	<b>Website</b>
Aetna Better Health	1-866-638-1232 PA Relay 7-1-1 (TTY)	1-855-346-9828	www.aetnabetterhealth.com
Health Partners	1-800-553-0784 PA Relay 7-1-1 (TTY)	215-967-4690	www.healthpartners.com
Keystone First	1-800-521-6860 1-800-684-5505 (TTY)	1-800-573-4100	www.keystonefirstpa.com
UnitedHealthcare Community Plan	1-800-414-9025 PA Relay 7-1-1 (TTY)	1-877-844-8844	www.uhccommunityplan.com

<b>Cambria County</b>	<b>Member Lines</b>	<b>Special Needs Unit</b>	<b>Website</b>
Aetna Better Health	1-866-903-0748 PA Relay 7-1-1 (TTY)	1-855-346-9828	www.aetnabetterhealth.com
Gateway	1-800-392-1147 PA Relay 7-1-1 (TTY)	1-800-642-3550	www.gatewayhealthplan.com
UnitedHealthcare Community Plan	1-800-414-9025 PA Relay 7-1-1 (TTY)	1-877-844-8844	www.uhccommunityplan.com
UPMC for You	1-800-286-4242 1-800-361-2629 (TTY)	1-866-463-1462	www.upmchealthplan.com

<b>Lehigh &amp; Northampton Counties</b>	<b>Member Lines</b>	<b>Special Needs Unit</b>	<b>Website</b>
Aetna Better Health	1-866-638-1232 PA Relay 7-1-1 (TTY)	1-855-346-9828	www.aetnabetterhealth.com
AmeriHealth Caritas Pennsylvania	1-888-991-7200 1-888-987-5704 (TTY)	1-888-991-7200	www.amerihealthcaritasp.com
Gateway	1-800-392-1147 PA Relay 7-1-1 (TTY)	1-800-392-1146	www.gatewayhealthplan.com
UnitedHealthcare Community Plan	1-800-414-9025 PA Relay 7-1-1 (TTY)	1-877-844-8844	www.uhccommunityplan.com
UPMC for You	1-800-286-4242 1-800-361-2629 (TTY)	1-866-463-1462	www.upmchealthplan.com

HealthChoices Help Line: 1-800-440-3989 or [www.enrollnow.net](http://www.enrollnow.net)  
Medicare primary information: [www.benefitscheckup.org](http://www.benefitscheckup.org)