Pennsylvania HealthChoices

Member Newsletter

Vaping/E-cigarette use is dangerous for youth and many adults⁠¹

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
• www.health.pa.gov/topics/programs/tobacco/Pages/Tobacco.aspx
• www.pa.quitlogix.org/en-us
• 1-800-QUIT-NOW
• Send an email to 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. 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 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.

Find specialty providers on our website
1. Go to MagellanofPA.com
2. Click ‘Find a Provider’
3. Click ‘Provider Search’ and follow next steps

Have a question about Community HealthChoices?
Participants: 1-833-735-4416
Providers: 1-800-932-0939
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

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 PACOVID19membersupport@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 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.

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
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.
Penndel Mental Health Center
1517 Durham Road
Penndel, 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**
*Member: 1-866-238-2311
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

Montgomery County

**MY LIFE meetings**
May 13, June 10,
5–7 p.m., Norristown Public

**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

### Bucks, Delaware & Montgomery Counties

<table>
<thead>
<tr>
<th>Member Lines</th>
<th>Special Needs Unit</th>
<th>Website</th>
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<tbody>
<tr>
<td>Aetna Better Health 1-866-638-1232 PA Relay 7-1-1 (TTY)</td>
<td>1-855-346-9828</td>
<td><a href="http://www.aetnabetterhealth.com">www.aetnabetterhealth.com</a></td>
</tr>
<tr>
<td>Health Partners 1-800-553-0784 PA Relay 7-1-1 (TTY)</td>
<td>215-967-4690</td>
<td><a href="http://www.healthpartners.com">www.healthpartners.com</a></td>
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<tr>
<td>Keystone First 1-800-521-6860 1-800-684-5505 (TTY)</td>
<td>1-800-573-4100</td>
<td><a href="http://www.keystonefirstpa.com">www.keystonefirstpa.com</a></td>
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<td>UnitedHealthcare Community Plan 1-800-414-9025 PA Relay 7-1-1 (TTY)</td>
<td>1-877-844-8844</td>
<td><a href="http://www.uhccommunityplan.com">www.uhccommunityplan.com</a></td>
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<td>Aetna Better Health 1-866-903-0748 PA Relay 7-1-1 (TTY)</td>
<td>1-855-346-9828</td>
<td><a href="http://www.aetnabetterhealth.com">www.aetnabetterhealth.com</a></td>
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<td>Gateway 1-800-392-1147 PA Relay 7-1-1 (TTY)</td>
<td>1-800-642-3550</td>
<td><a href="http://www.gatewayhealthplan.com">www.gatewayhealthplan.com</a></td>
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<td>UPMC for You 1-800-286-4242 1-800-361-2629 (TTY)</td>
<td>1-866-463-1462</td>
<td><a href="http://www.upmchealthplan.com">www.upmchealthplan.com</a></td>
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<td><a href="http://www.aetnabetterhealth.com">www.aetnabetterhealth.com</a></td>
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<tr>
<td>AmeriHealth Caritas Pennsylvania 1-888-991-7200 1-888-987-5704 (TTY)</td>
<td>1-888-991-7200</td>
<td><a href="http://www.amerihealthcaritaspa.com">www.amerihealthcaritaspa.com</a></td>
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<tr>
<td>Gateway 1-800-392-1147 PA Relay 7-1-1 (TTY)</td>
<td>1-800-392-1146</td>
<td><a href="http://www.gatewayhealthplan.com">www.gatewayhealthplan.com</a></td>
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<td>UnitedHealthcare Community Plan 1-800-414-9025 PA Relay 7-1-1 (TTY)</td>
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*HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net
Medicare primary information: www.benefitscheckup.org*