Wellness and self-care tips during COVID-19

COVID-19 has changed our lifestyles. It is now more difficult to go places or to be social. We are spending more time at home.

It is very important that we think about wellness and self-care. Both for ourselves and those around us. Below are helpful tips that can work during COVID-19 and in the future.

**Wellness tips**
- Engage your brain daily in new ways to stay sharp.
- Social distancing doesn’t mean you shouldn’t go outside and stretch your legs. Even a ten minute walk around the neighborhood to get some fresh air can help you recharge.
- Take care of your mental health. Talk to your healthcare provider if you are having symptoms of stress, fear and anxiety during the pandemic.
- Prepare new recipes that are simple, healthy meals to include fruits and vegetables.
- Be sure to get enough sleep on a regular basis.
- Turn the screens (i.e. TV, computer, etc.) off more frequently.
- Schedule time to close your eyes on a daily basis to think about a positive thought or memory.
- Create an exercise routine that is fun and yet offers a challenge.
- Be more intentional in expressing your feelings with people you trust.
- Review your monthly budget and spending habits, and try to find creative ways to treat yourself and your family.

**Self-care tips**
- Listen to music.
- Read a good book.
- Get crafty with items around the house.
- Call a friend or have a video chat with your family to help feel less lonely.
- Find a new hobby.
- Creative arts are a great way to express ourselves. For example, you can:
  - Color, draw, or doodle with crayons/colored pencils/markers.
  - Sing or play an instrument – now is a great time to get on YouTube and learn a new song on that guitar or keyboard that’s been sitting around!
  - Dance or just move your body.
  - Build something with clay, playdough, Legos or blocks.
  - Paint with whatever you have laying around, even your fingers!
  - Sew, crochet, knit, embroider, or quilt.
  - Write a song, poem, story, journal, or letter.
  - Use photos, magazines, or other items to make a collage (especially popular with tweens/teens).

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.

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

COVID-19 resources are on our website

It takes everyone to fight COVID-19. It is important to listen to the advice of experts. All crowds should be avoided. It is important to protect public health.

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

• Go to www.health.pa.gov for COVID-19 updates
• Our website has over 200 helpful resources, including many COVID-19 resources to help you with financial, housing and food solutions
• Magellan staff are available to help you with access to services or to answer your questions at PACOVID19membersupport@MagellanHealth.com
• Magellan Member Services staff are available at the phone numbers listed on page 3 for your county of residence

Upcoming community meetings

Please connect with the point of contact below. Some meetings are held virtually. Meetings are subject to change.

• Virtual MY LIFE Pennsylvania meets the 3rd Tuesday of each month from 4:00 – 5:00 p.m.
  Emily Ferris, eferris@magellanhealth.com

• MY LIFE contact information for each County:
  Bucks County: Marissa MacKeverican, 215-504-3966
  Cambria County: Heidi Niebauer, 814-961-0687
  Delaware County: Hope Kirkland, 215-504-3915
  Lehigh/Northampton Counties: Michele Davis, 610-814-8006
  Montgomery County: Kara Henry, 610-209-8590

• CSP monthly meetings for each County:
  Emily Ferris, eferris@magellanhealth.com
County resources

**Bucks County**
*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)

**Cambria County**
*Member: 1-800-424-0485*
*TTY: PA Relay 7-1-1*

**Emergency & Crisis Information:**
- Cambria County Crisis Reach Line: 877-268-9463

**Delaware County**
*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

**Lehigh County**
*Member: 1-866-238-2311*
*TTY: PA Relay 7-1-1*

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

**Montgomery County**
*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

**Northampton County**
*Member: 1-866-238-2312*
*TTY: PA Relay 7-1-1*

**Emergency & Crisis Information:**
- 610-252-9060

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Community HealthChoices

Managed care physical health care plan contact information

**AmeriHealth Caritas CHC**
www.amerihealthcaritaschc.com
- Participant Services: 1-855-235-5115 (TTY 1-855-235-5112)
- Nurse Call Line: 1-844-214-2472

**Keystone First CHC**
www.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**
www.pahealthwellness.com/members.html
- Participant Hotline: 1-844-626-6813 (TTY 1-844-349-8916)

**UPMC Health Plan**
www.upmchealthplan.com
- 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
# PA HealthChoices managed care physical health care plan contact information

## Bucks, Delaware & Montgomery Counties

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<td>Health Partners</td>
<td>1-800-553-0784</td>
<td>215-967-4690</td>
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<td>Keystone First</td>
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<td>1-800-684-5505 (TTY)</td>
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<td>UnitedHealthcare Community Plan</td>
<td>1-800-414-9025</td>
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<td>1-800-286-4242</td>
<td>1-866-463-1462</td>
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*HealthChoices Help Line: 1-800-440-3989 or www.enrollnow.net*

*Medicare primary information: www.benefitscheckup.org*