

# WHOLE you

2026 | Q1 BULLETIN



## Your Annual Wellness Visit

### Start the new year off right!

Check in with your healthcare provider. If you need help making an appointment, call us at 1-844-626-6813 (TTY: 711).

- Write your questions down in advance.
- Bring your health records and list your medicines and supplements.
- Talk about any changes you're experiencing.
- Ask about your numbers and what you need to do to keep these measurements in healthy ranges.
- Ask about additional screenings and get needed vaccines.



## Trualta Caregiver Online Program

### Help your caregiver in the new year.

Now is a great time to support the person who cares for you. Caregivers work hard, and sometimes they need help too. Trualta is an online caregiver program available at no cost. Your caregiver can learn helpful tips, watch videos, and connect with other caregivers. These resources can help them feel prepared and supported. As a Community HealthChoices (CHC) Participant, there is no added cost to you or your caregiver to participate in this program. Encourage them to start today so you can both feel stronger, supported, and ready for the year ahead.

If you need any help, call Participant Services at **1-844-626-6813 (TTY: 711)**.

# Colon Cancer

Most colon cancers begin as precancerous polyps (abnormal growths) in the colon or rectum. These polyps can be present in the colon for years before they may develop into cancer.

Often, colon cancer does not cause symptoms until it has grown or spread. The best way to reduce your risk of colon cancer is to begin screening at age 45. Colon cancer that is found early, before you have symptoms, might be easier to treat. Diagnosis begins with a physical exam, medical history, and blood samples performed by your doctor. You can talk to your doctor about additional screening methods.



Colorectal Cancer is the **3rd most common** cancer diagnosed in the U.S.



## Follow-up After a Hospital Discharge

Let family members or friends be a part of your recovery after a hospital discharge. They may be able to pick up medicines or take you to appointments. They may remember things that you forget about symptoms, problems, or questions you want to ask. This can help give you a smoother recovery after discharge.

## Staying Healthy: Take Your Medicine

Taking medicines on time and correctly is important. When you don't take medicines as prescribed, they may not work as well. You may have a higher risk for side effects. Not taking all of an antibiotic medicine may cause an infection to come back. Not taking an antidepressant can cause a mental health decline. Not taking a blood thinner on time raises the risk of stroke. Each medicine has an important purpose. Get the most from your medicines by taking them on time as prescribed.



More than **1 in 4** people in the U.S. don't take their medicines as prescribed.



If you have questions, call Participant Services at **1-844-626-6813 (TTY: 711)**.





# Health Insurance Portal App

## Stay Connected & Informed

### Search for Care

Find doctors and urgent care near you, change your primary care doctor and more.

### View Your Benefits

See the benefits and services available to you.

### Access your Participant ID Card

Open your digital Participant ID card in the app or save it to your smartphone wallet.

### Take a Health Quiz

Let us know your health needs.



## 3 Steps to Get Started Today:

- 1 Download the App:** Search for “Health Insurance Portal” in the App Store or Google Play.
- 2 Select Pennsylvania:** In the drop down menu, select “Pennsylvania.”
- 3 Log In:** Use your member portal login or create an account to get started.



App Store



Google Play



For more information, call  
**1-844-626-6813** (TTY 711) or  
visit **PAHealthWellness.com**.



## Get the Most From Your Plan

As a Participant of PHW, you have a number of Home & Community-Based Service options. These may include **Adult Daily Living Services:** Day services in a community-based center to help with personal care, social, nutritional, and therapeutic needs on a regular schedule. We encourage you to ask your Service Coordinator or call 1-844-626-6813 (TTY 711) to learn if you are eligible and how you may access these services.



# Managing Stress Through Nutrition

Stress is not in short supply these days. For many people, the feeling of being stressed and having food cravings often go hand in hand. It can lead us to mindlessly eating whatever is readily available. Chronic stress can also lead to serious health conditions like hypertension, diabetes, depression, and digestive issues. In addition, stress can cause things like raised blood pressure, disrupted sleep, increased inflammation, weight gain, and brain fog. There is no single way to manage stress, but some foods can actually help reduce our internal stress levels.

## Healthy Options:

### Avocados

Packed with healthy fats, fiber, vitamin C, and B6, avocados help regulate stress and lower blood pressure. Plus, they keep you full longer!

### Berries & Citrus Fruits

Loaded with vitamin C, which supports your body's ability to manage stress.

### Dark Chocolate

A little indulgence can be good! Dark chocolate is full of antioxidants that help combat stress.

### Decaf Tea (Green, Black, Chamomile)

A warm cup of tea can promote relaxation and help reduce cortisol levels.

### Eggs

High in protein and vitamins B12 and B7 and are good for anxiety.

### Fish (Or Other Food Rich in Omega 3 Fatty Acids)

Helps to fight inflammation and protect against surges of Cortisol.

### Fermented Food

Sauerkraut, kimchi, or kombucha may help to reduce depression and anxiety.

### Leafy Greens

Spinach and kale are high in magnesium, which helps regulate cortisol and blood pressure, plus folate, which boosts dopamine (your feel-good hormone!).

### Nuts

Rich in good fats, potassium, and B6, making them a great stress-reducing snack.

### Sweet Potatoes & Bananas

Natural sources of complex carbs and potassium, these foods support a balanced mood and energy levels.

### Whole Grains & Oats

Complex carbs support steady energy levels and keep blood sugar stable.

### Yogurt

Probiotics may help to improve gut health and decrease anxiety.



Managing stress through nutrition is just one piece of the puzzle. Remember to get enough sleep, stay hydrated, exercise, and incorporate mindfulness practices (like deep breathing or meditation) into your daily routine. If you have diabetes, eating the right foods is key to staying healthy. Reading the nutrition labels on foods is a good first step.

**Good habits can help you feel more energized & ready to take on whatever life throws your way!**



**Resources:** Brown University Health Blog (2025). Weblink: <https://www.brownhealth.org/be-well/eating-stress-relief-foods-can-help-reduce-stress>  
Cleveland Clinic (2024). Weblink: <https://health.clevelandclinic.org/eat-these-foods-to-reduce-stress-and-anxiety>  
Harvard Health Publishing, Harvard Medical School (2025). Weblink: <https://www.health.harvard.edu/blog/diet-and-depression-2018022213309>  
North Oaks Health System (2025). Weblink: <https://www.northoaks.org/blog/2025/march/5-stress-fighting-foods-everyone-should-have-in-/>

## You Deserve to Live the Good Life

When you picture yourself living a **good life**, what does it look like?

How might paid work help you live the **good life**?



We are here to support your journey!

Call **1-844-626-6813 (TTY: 711)** or email **Employment@PAHealthWellness.com**.

We are here to make it easier for you to live the good life, including helping you to connect to educational opportunities and **meaningful** work. Check the link below for webinars, events, resources, and more: <https://www.pahealthwellness.com/communityresources/employmentjourney>

# Women's Healthcare Tips



## Follow these 10 steps for better health:

**Stay informed.** Learn what you can about health promotion and disease prevention. Ask your healthcare provider for specific information about your needs.

**Be good to your bones.** For healthy bones, be sure to get calcium every day with plenty of foods and drinks that have it.

**Don't use illegal drugs. Limit alcohol.**

For women, the definition of moderate drinking is 1 drink a day. Older adults break down alcohol more slowly than younger people. This means alcohol stays in their bodies longer.

**Don't smoke.** Smoking is the leading preventable cause of death in the U.S. Ask your healthcare provider for resources to help you quit.

**Take medicine wisely.** Read the labels and follow the directions carefully. Tell your healthcare provider or pharmacist about any other prescription medicines, over-the-counter medicines, herbs, or supplements you are taking.

**Play it safe.** Prevent injuries. Use your seatbelt. Wear a helmet when you ride a motorcycle or bicycle. Use smoke and carbon monoxide detectors at home. Wear sunscreen and sunglasses with 100% UV protection. Practice safe sex by using condoms to protect against sexually transmitted infections.

**Eat smart.** Eat plenty of fruits, vegetables, and whole grains. Enjoy a variety of foods from each food group and eat sensible portions.

**Get checked.** Get regular checkups, exams, cancer screenings, and vaccines as directed by your healthcare provider. Don't forget self-exams, too. Check your skin and mouth. Be familiar with how your breasts normally look and feel. Report any changes to your healthcare provider right away.

**Get moving.** Get at least 150 minutes of physical activity over the course of each week. It can greatly improve the way you look and feel. Try exercising for 30 minutes at least 5 days a week. Also do muscle strengthening exercises 2 days a week.

**Do things you enjoy.** Take time for yourself. Connect with family, friends, and your community.



If you have questions, call  
**1-844-626-6813 (TTY: 711)**



pa health  
& wellness™

Healthcare made for **you.**



### Meet Jane

She preferred not to move into a nursing home. Thanks to PA Health & Wellness (PHW), she lives in her own apartment near lots of friends. She gets help with cooking, dressing, bathing, taking medications, and other daily tasks. She goes to the market, plays Pokeno and Bingo, and visits friends five days a week.

**“PHW has made life so good!”**



### Share your thoughts!

Leaving a Google Review is a fast and easy way to share your positive feedback with your community.

Visit our Google listing and click on “Write A Review.” Whether it is a few words or a detailed experience, your review would be greatly appreciated.

### Want to compliment a doctor?

Tell us about your experience. Call us at 1-844-626-6813 (TTY: 711) or email:

[ParticipantAdvisoryCommittee@PAHealthWellness.com](mailto:ParticipantAdvisoryCommittee@PAHealthWellness.com)

*All testimonials sent to us will remain anonymous.*

**Have questions?** Call **1-844-626-6813 (TTY: 711)** or visit **PAHealthWellness.com**

Find us on Facebook & LinkedIn   @PA Health & Wellness

For individuals who are eligible for **Medicaid** and **Medicare**, Wellcare is our Dual Special Needs Program. Wellcare plans can provide additional benefits, better benefit coordination, more value, and a seamless member experience. Call Participant Services at **1-844-626-6813 (TTY: 711)** to learn more.

Medicaid

Community  
HealthChoices



Medicare



Dual Special Needs Program

**ENHANCED  
BENEFITS**

One ID Card. One Care Manager.  
One Call for Customer Service.

Wellcare is the Medicare brand for Centene Corporation, an HMO, PPO, PFFS, PDP plan with a Medicare contract and is an approved Part D Sponsor. Our D-SNP plans have a contract with the state Medicaid program. Enrollment in our plans depends on contract renewal.



# Statement of Non-Discrimination

PA Health & Wellness complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation. PA Health & Wellness does not exclude people or treat them differently because of race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender, gender identity or expression, or sexual orientation.

## PA Health & Wellness:

- Provides free aids and services to people with disabilities to communicate effectively with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
  - Qualified interpreters
  - Information written in other languages
  - If you need these services, contact PA Health & Wellness at 1-844-626-6813 (TTY 711).

If you believe that PA Health & Wellness has failed to provide these services or discriminated in another way on the basis of race, color, creed, sex, religion, age, national origin, ancestry, marital status, sexual orientation, gender identity, language, MA status, income, status, program participation, health status, disease or pre-existing condition, anticipated need for healthcare or physical or mental handicap, you can file a grievance with:

### **1557 Coordinator**

PA Health & Wellness  
1700 Bent Creek Blvd. Ste. 200  
Mechanicsburg, PA 17050  
(833) 236-9679 (TTY 711)  
Fax: 866-388-1769  
PHWComplaintsandGrievances@PaHealthWellness.com

### **The Bureau of Equal Opportunity**

Room 223, Health and Welfare Building  
P.O. Box 2675  
Harrisburg, PA 17105-2675  
Phone: (717) 787-1127, TTY/PA Relay 711  
Fax: (717) 772-4366  
Email: RA-PWBEOAO@pa.gov

You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 1557 Coordinator is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail, phone, or email at:

### **U.S. Department of Health and Human Services**

200 Independence Avenue, SW.  
Room 509F, HHH Building,  
Washington, D.C. 20201  
1-800-368-1019, 800-537-7697 (TDD)  
[OCRMail@hhs.gov](mailto:OCRMail@hhs.gov)

Complaint forms are available at <https://www.hhs.gov/ocr/complaints/index.html>.

This notice is available at PA Health & Wellness website: <https://www.pahealthwellness.com/non-discrimination-notice.html>.

**Your managed care plan may not cover all your health care expenses. Read your Participant handbook carefully to determine which health care services are covered.**



**ATTENTION:** If you speak a language other than English, free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-844-626-6813 (TTY: 711) or speak to your provider.

### Spanish

**ATENCIÓN:** Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-844-626-6813 (TTY: 711) o hable con su proveedor.

### Chinese; Mandarin

注意：如果您说中文，我们将免费为您提供语言协助服务。我们还免费提供适当的辅助工具和服务，以无障碍格式提供信息。致电 1-844-626-6813（文本电话：711）或咨询您的服务提供者。

### Nepali

सावधान: यदि तपाईं नेपाली भाषा बोल्नुहुन्छ भने तपाईंका लागि निःशुल्क भाषिक सहायता सेवाहरू उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायता र सेवाहरू पनि निःशुल्क उपलब्ध छन्। 1-844-626-6813 (TTY: 711) मा फोन गर्नुहोस् वा आफ्नो प्रदायकसँग कुरा गर्नुहोस्।

### Russian

**ВНИМАНИЕ:** Если вы говорите на русский, вам доступны бесплатные услуги языковой поддержки. Соответствующие вспомогательные средства и услуги по предоставлению информации в доступных форматах также предоставляются бесплатно. Позвоните по телефону 1-844-626-6813 (TTY: 711) или обратитесь к своему поставщику услуг.

### Arabic

تنبيه: إذا كنت تتحدث اللغة العربية، فستتوفر لك خدمات المساعدة اللغوية المجانية. كما تتوفر وسائل مساعدة وخدمات مناسبة لتوفير المعلومات بتنسيقات يمكن الوصول إليها مجانًا. اتصل على الرقم 1-844-626-6813 (TTY: 711) أو تحدث إلى مقدم الخدمة.

### Haitian Creole

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd aladispozisyon w gratis pou lang ou pale a. Èd ak sèvis siplemantè apwopriye pou bay enfòmasyon nan fòm aksesib yo disponib gratis tou. Rele nan 1-844-626-6813 (TTY: 711) founisè w la.

**Vietnamese**

LƯU Ý: Nếu bạn nói tiếng Việt, chúng tôi cung cấp miễn phí các dịch vụ hỗ trợ ngôn ngữ. Các hỗ trợ dịch vụ phù hợp để cung cấp thông tin theo các định dạng dễ tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-844-626-6813 (Người khuyết tật: (TTY: 711) hoặc trao đổi với người cung cấp dịch vụ của bạn.

**Ukrainian**

УВАГА: Якщо ви розмовляєте українська мова, вам доступні безкоштовні мовні послуги. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також доступні безкоштовно. Зателефонуйте за номером 1-844-626-6813 (TTY: 711) або зверніться до свого постачальника».

**Chinese; Cantonese**

注意：如果您說 中文，我們可以為您提供免費語言協助服務。也可以免費提供適當的輔助工具與服務，以無障礙格式提供資訊。請致電 1-844-626-6813 (TTY: 711) 或與您的提供者討論。

**Portuguese**

ATENÇÃO: Se você fala Português, serviços gratuitos de assistência linguística estão disponíveis para você. Auxílios e serviços auxiliares apropriados para fornecer informações em formatos acessíveis também estão disponíveis gratuitamente. Ligue para 1-844-626-6813 (TTY: 711) ou fale com seu provedor.

**Bengali**

মনোযোগ দিন: যদি আপনি বাংলা বলেন তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবাদি উপলব্ধ রয়েছে। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত সহায়ক সহযোগিতা এবং পরিষেবাদিও বিনামূল্যে উপলব্ধ রয়েছে। 1-844-626-6813 (TTY: 711) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সাথে কথা বলুন।

**French**

ATTENTION : Si vous parlez Français, des services d'assistance linguistique gratuits sont à votre disposition. Des aides et services auxiliaires appropriés pour fournir des informations dans des formats accessibles sont également disponibles gratuitement. Appelez le 1-844-626-6813 (TTY: 711) ou parlez à votre fournisseur.

**Cambodian**

សូមយកចិត្តទុកដាក់៖ ប្រសិនបើអ្នកនិយាយ ភាសាខ្មែរ សេវាកម្មជំនួយភាសា គតតិក្ខត្តែគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដ៏សមរម្យ ក្នុងការផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើប្រាស់បាន ក៏អាចរកបាន ដោយគតតិក្ខត្តែផងដែរ។ ហៅទូរសព្ទទៅ 1-844-626-6813 (TTY: 711) ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

## LANGUAGE ASSISTANCE CONTINUED...

### Korean

주의: 한국어를 사용하시는 경우 무료 언어 지원 서비스를 이용하실 수 있습니다. 이용 가능한 형식으로 정보를 제공하는 적절한 보조 기구 및 서비스도 무료로 제공됩니다.

1-844-626-6813 (TTY: 711) 번으로 전화하거나 서비스 제공업체에 문의하십시오.

### Gujarati

ધ્યાન આપો: જો તમે ગુજરાતી બોલતા હો તો મફત ભાષાકીય સહાયતા સેવાઓ તમારા માટે ઉપલબ્ધ છે. યોગ્ય ઓફિસલરી સહાય અને એક્સેસિબલ ફોર્મેટમાં માહિતી પૂરી પાડવા માટેની સેવાઓ પણ વિના મૂલ્યે ઉપલબ્ધ છે. 1-844-626-6813 (TTY: 711) પર કોલ કરો અથવા તમારા પ્રદાતા સાથે વાત કરો.

## Reporting Fraud, Waste, and Abuse

If you suspect fraud, waste, or abuse in the healthcare system, you should report it to someone who can investigate it.\* Your actions may help to improve the healthcare system and reduce costs for our Participants, customers, and business partners. You can report suspected fraud, waste, or abuse in one of these ways:

**PA Health & Wellness Anonymous and Confidential Hotline**  
1-866-685-8664

**Pennsylvania Office of Inspector General**  
1-855-FRAUD-PA (1-855-372-8372)

**Pennsylvania Bureau of Program Integrity**  
1-866-379-8477

**Pennsylvania Department of Human Services**  
1-844-DHS-TIPS (1-844-347-8477)

**Mail: Office of Inspector General**  
555 Walnut Street, 7th Floor, Harrisburg, PA 17101

**Mail: Department of Human Services**  
Office of Administration, Bureau of Program Integrity,  
P.O. Box 2675, Harrisburg, PA 17105-2675

Visit <https://www.PAHealthwellness.com/community/community-connect.html> or call 1-844-626-6813 (TTY: 711) to ask your Service Coordinator about community events, employment aid, Supplemental Nutrition Assistance Program (SNAP) benefits, & rides to medical appointments.

## Participant Advisory Committee

You can help PHW with the way our health plan works. We have a Participant Advisory Committee that gives Participants like you a chance to share your thoughts and ideas with PHW. The group meets every 3 months. This gives you a chance to talk about your concerns with a variety of people. You also have a chance to tell us how we are doing. You may ask questions or share any concerns that you have about the delivery of services. Call Participant Services at 1-844-626-6813 (TTY: 711) if you would like to attend.

\* You may remain anonymous if you prefer. All information received or discovered by the Special Investigations Unit (SIU) will be treated as confidential, and the results of investigations will be discussed only with persons having a legitimate reason to receive the information (e.g., state and federal authorities, corporate law department, market medical directors or senior management).

## Living Independence for the Elderly (LIFE) Program

If you are at least 55 years old, you may be able to enroll in the LIFE program instead of Community HealthChoices. The LIFE program covers medical, prescription drug, behavioral health, transportation, and supportive services for persons who are 55 years old and older and meet requirements related to the county where you live, how much care you need, and the kind of financial support you need. For more information on the LIFE program contact an Enrollment Specialist at 1-877-550-4227.





1700 Bent Creek Blvd.  
Ste. 200  
Mechanicsburg, PA 17050

Health and Wellness or  
Prevention Information



# WHOLE *you*

2026 | Q1 BULLETIN



A newsletter from PA Health & Wellness (PHW). Your healthy source for living well.

**INCLUDING THESE TOPICS AND MORE:** Your Annual Wellness Visit | Trualta Caregiver Online Program  
Colon Cancer | Follow-up After a Hospital Discharge | Take Your Medicine | Health Insurance Portal App  
Managing Stress Through Nutrition | You Deserve to Live the Good Life | Women's Healthcare Tips