



**Welcome to another edition of *Whole You*, a newsletter from PA Health & Wellness (PHW).** We hope this newsletter finds you well. We really hope you enjoy the helpful tips in this edition and that it helps you take better care of the whole you.



## Spend More Time Outside

As the weather gets warmer, make sure you are spending some more time outside. Fresh air can improve your mood, increase physical activity, and stimulate your mind. **Here are some tips on how to enjoy the outdoors this season:**

**Go H2O.** Beat springtime boredom by having fun in the water.

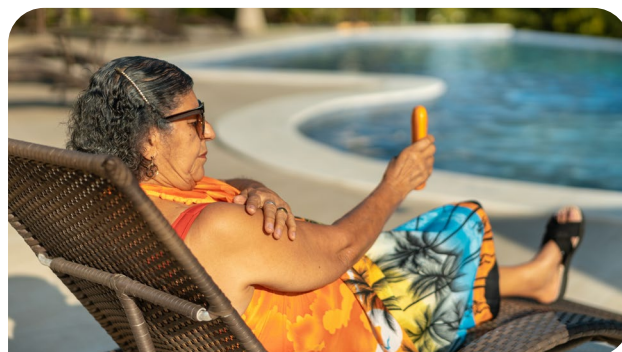
**Change of scenery.** Going to a park is better than being glued to your screens. Parks are a great place to get some exercise.

**Spin your wheels.** Biking is a great activity in the spring. Health benefits include cardio exercise, improved balance and building strength. Find some local bike trails, and explore with the whole family.

**Patio picnic.** We recommend spending about three hours a day outside, and an easy way to do that is to bring food. Have snacks or a full picnic on your patio.

**Bring hobbies outside.** Lots of fun activities can take place outside. Leave the electronics at home and enjoy nature.

**Don't Forget Sunscreen!** Sunscreens play a very important role in blocking ultraviolet (UV) radiation from being absorbed by the skin. UV radiation damages the skin and can lead to sunburns and skin cancer. Aim for an SPF of 30 or higher!



# Stroke Awareness

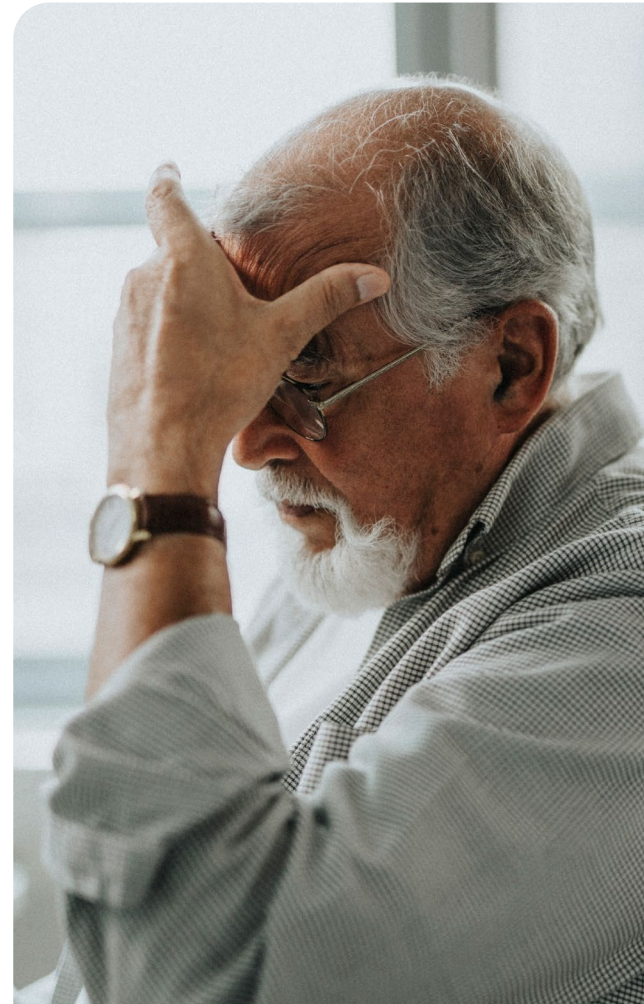
**Stroke is a condition that affects the arteries leading to and within the brain. It is the fifth leading cause of death and disability in the United States.**

**Up to 80% of strokes can be prevented.**

A stroke occurs when a blood vessel, which carries oxygen and nutrients to the brain, becomes either blocked by a clot or the blood vessel bursts (ruptures). When this happens, parts of the brain cannot get the blood and oxygen it needs, causing the brain cells to die. *(American Stroke Association, 2025)*

## There are several different types of strokes:

- **Ischemic Stroke** occurs when a blood vessel supplying blood to the brain becomes blocked (obstructed).
- **Hemorrhagic Stroke** occurs when a blood vessel in the brain weakens and bursts (ruptured).
- **Transient Ischemic Attack (TIA)** is often referred to as a “warning stroke” because it is caused by a temporary clot.
- **Cryptogenic Stroke** is when the cause of a stroke cannot be determined.
- **Brain Stem Stroke** occurs in the part of the brain called the brain stem. It can affect both the right and left sides of the body causing a person to not to be able to speak or move below the neck. *(American Stroke Association, 2025)*



Stroke treatments work best when a stroke is recognized and diagnosed within 3 hours of the first symptom. Act F.A.S.T.



# Is it a stroke?

## Act **F.A.S.T.**



**FACE**  
droops



**ARM**  
weakness



**SPEECH**  
difficulty



**TIME**  
is critical.

Source: (Mass.gov, 2025)

## Signs of a stroke include:

- Sudden numbness or weakness in the face, arm, or leg, on one side of the body.
- Sudden confusion, trouble speaking, or difficulty understanding speech.
- Sudden trouble seeing in one or both eyes.
- Sudden trouble walking, dizziness, loss of balance, or lack of coordination.
- A sudden, severe headache.

**Call 911 right away if you or someone else has any of these symptoms.**

### References:

**American Stroke Association (2025). About Stroke:**  
<https://www.stroke.org/en/about-stroke>

**American Stroke Association (2025). Types of Stroke and Treatment:**  
<https://www.stroke.org/en/about-stroke/types-of-stroke>

**Mass.gov (2025) Stroke signs and symptoms: ACT F.A.S.T.:**  
<https://www.mass.gov/info-details/stroke-signs-and-symptoms-act-fast>



Call Participant Services at  
1-844-626-6813 (TTY: 711)  
if you have questions.

# Get the *Most* From Your Plan

As a Participant of PHW, you have a number of Home & Community-Based Service options. Call Participant Services at 1-844-626-6813 (TTY 711) to learn if you are eligible and how you may access these services.



## Non-Medical Transportation

Includes tickets, tokens and mileage reimbursement to help a Participant's transport to work, community services and other activities. We encourage you to speak with your Service Coordinator for more information.



# Support Your Health through Work

PHW understands that your health involves all areas of life. This includes financial wellbeing, mental health, and employment.

**Check in on your mental health.** Therapy, reducing social media use, and limiting caffeine may help. Decent work can contribute to inclusion and improve self-confidence.

**Attend an upcoming webinar.** We continuously add events and webinars to our [Employment Resource Events webpage](#). Consider your local library or PA CareerLink® for access.

**Plan time outside of the home.** Try getting together with family, making new friends, going for a stroll, or working. This helps strengthen our minds and supports overall wellbeing.

**Connect with a certified benefits counselor for FREE.** They can help you better understand your financials and navigate future financial planning. Call Participant Services at 1-844-626-6813 (TTY: 711).



## Interested in finding a job or learning more?

Contact your Service Coordinator, Participant Services at 1-844-626-6813 (TTY: 711), or email [Employment@PaHealthWellness.com](mailto:Employment@PaHealthWellness.com).

## Additional Resources:

### Mental Health at Work - Know Your Rights:

<https://www.dol.gov/general/mental-health-at-work>

### NAMI - Support and Education for Mental Health:

<https://www.nami.org/support-education/>

### PHW Benefits Counseling one-page guide:

<https://www.pahealthwellness.com/content/dam/centene/Pennsylvania/pdfs/4-1-24%20Benefits%20Counseling%20Guide.pdf>

### Employment Resources Events:

<https://www.pahealthwellness.com/community/SocialDeterminantsofHealth/EmploymentResources/events.html>

# Asthma

Is SMART Therapy  
Right for You?

SMART stands for **Single Maintenance And Reliever Therapy**.

Dulera or Symbicort can be used in SMART therapy. These agents are made up of two drugs: an ICS (inhaled corticosteroid) and formoterol, a LABA (long-acting beta-2 agonist). The ICS treats swelling in the lungs and airway, which is the main cause of asthma, and the LABA opens up the lungs quickly and lasts for up to 12 hours!

**SMART therapy can replace albuterol and be used as BOTH a rescue AND controller inhaler. This means you only need 1 inhaler!**

**What are the benefits of SMART therapy (Dulera and Symbicort)?**

- Can improve how your lungs work
- Can stop asthma attacks
- Can lessen how bad attacks are
- Only need 1 inhaler

**How can you start on SMART therapy (Dulera and Symbicort)?**

- Talk to your doctor about using SMART therapy
- Have your doctor send a request for a 90-day supply of the drug to your pharmacy
- PA Health & Wellness allows for 4 inhalers per 90 days

**Call Participant Services at 1-844-626-6813 (TTY: 711) if you have questions.**



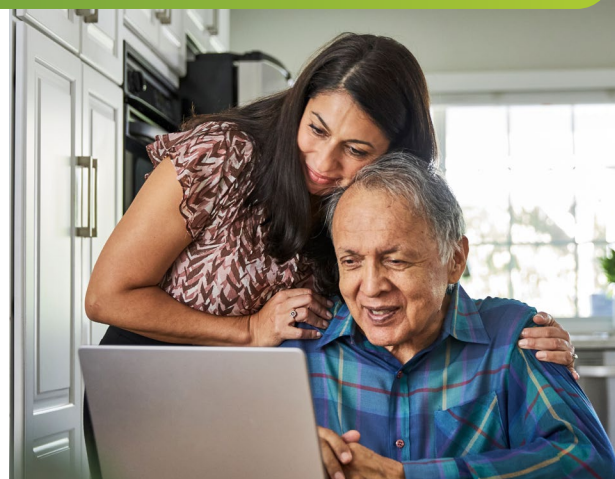
## New Benefit for Family Members

**Do you have someone in your family who helps care for you regularly?**

PA Health & Wellness is excited to offer Trualta, a benefit to help your family caregiver. Trualta is an online-based program just for caregivers with:

- Quick videos, articles, and tips about caregiving
- Courses led by experts on many topics
- One-on-one coaching
- Support to help them take care of themselves

As a Participant of our long-term care insurance, there is no added cost to you or your caregiver for this program. Share this information with your caregiver and encourage them to visit [phw.trualta.com](http://phw.trualta.com) today.



**“Trualta has been very significant for me. I have used these tools to help us live a more normal life.”**

– Trualta User



# Osteoporosis

**Osteoporosis is a disease which causes your bones to weaken and become breakable.**



It is often known as a “silent disease” because you may not have any symptoms. You may not know you have the disease until you break a bone. This happens when the body is unable to make new bone tissue fast enough to replace old bone tissue that is lost and your bones become weak. The most common parts of your body where osteoporosis can cause a broken bone are the hip bones, back (spine), and wrists. Osteoporosis can affect both women and men of all races and ethnic groups. It can occur at any age, but you are at greater risk as you get older. For women, this can begin to develop a year or two before menopause.

### Tips to help prevent osteoporosis and broken bones:

Try weight-bearing exercises or lifting weights. Eat a balanced diet rich in calcium and vitamin D. Avoid drinking too much alcohol or smoking. Always take your prescribed medications. Other safety steps include keeping your floors free of clutter, wear nonslip shoes, be careful of while walking on slippery surfaces.

# Colorectal Cancer Screening

### Have a screening test.

It’s crucial to get screened periodically for colorectal cancer. Screening helps detect cancer early, when it’s easier to treat. Some tests also help find precancerous growths, called polyps, so they can be removed before they turn into cancer. Medical opinions vary about when to begin screening for colorectal cancer—age 45 or 50. Talk with your health-care provider to determine the right schedule for you. When it comes to the screening process, you have several options. Your provider can help you choose the best screening method for you.



**Visit the link below and take the Colorectal Cancer Risk Assessment to check your risk factors!**

<https://centene.staywellhealthlibrary.com/Search/42,ColorectalCancerRisk>

**Call Participant Services at 1-844-626-6813 (TTY: 711) if you have questions.**



# Springtime Fruits & Veggies

### Try these healthy combos for a tasty and healthy bonus to your meals.

- **Tangy vitamin boost.** Roast asparagus with lemon and garlic. It’s a tasty side dish. Lemons have vitamin C for a strong immune system. Asparagus has vitamin K, iron and zinc for healthy growth.
- **Low-calorie springtime salad.** Make a salad with fresh baby spinach. Add golden raisins, lemon zest, apricots, and a light dressing. Spinach has protein and vitamin K. Apricots have nutrients and vitamin A, which boosts your immune system.
- **Sweet & spicy bite for eyesight.** Add sliced mango to your lettuce salad. Make a dressing with lime, honey, vinegar, olive oil, salt and chili powder. Mango has fiber for digestion and vitamin A for your eyes. Lettuce has vitamins A and C.
- **High-protein greens.** Cook artichokes and green peas with shallots, parsley and mint. It’s a rich, herbal dish. Artichokes are good for your heart and high in fiber. Green peas have protein to keep you full.
- **Wholesome & frozen.** Blend frozen honeydew and sliced kiwi with lime juice and ice. It makes a cool smoothie. Honeydew has potassium and keeps your heart healthy. Kiwi has fiber, antioxidants, potassium and vitamin C to help control blood pressure.

## 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

\* 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).

**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.**

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.



Community  
**HealthChoices**



For people age 65 and older who are eligible for Medicare and Medicaid, **Wellcare by Allwell** is our Dual Special Needs Program. Our Wellcare by Allwell plans include comprehensive healthcare coverage with support you can count on.

**To learn more, call Participant Services at 1-844-626-6813 (TTY 711).**

## 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, or sex (including pregnancy, sexual orientation, and gender identity). PA Health & Wellness does not discriminate on the basis of race, color, creed, sex, religion, age, national origin, ancestry, marital status, sexual orientation, gender identity, language, Medical Assistance (MA) status, income status, program participation, health status, disease or pre-existing condition, anticipated need for healthcare or physical or mental handicap.

### 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 or phone 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)

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>.



**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商。

### 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 aksèsib yo disponib gratis tou. Rele nan 1-844-626-6813 (TTY: 711) founisè w la.

## LANGUAGE ASSISTANCE CONTINUED...

### 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 ឥតគិតថ្លៃគឺមានសម្រាប់អ្នក។ ជំនួយ និងសេវាកម្មដែលជាការជួយដ៏សមរម្យ ក្នុងការផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើប្រាស់បាន ក៏អាចរកបាន ដោយឥតគិតថ្លៃផងដែរ។ ហៅទូរសព្ទទៅ 1-844-626-6813 (TTY: 711) ឬនិយាយទៅកាន់អ្នកផ្តល់សេវារបស់អ្នក។

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## 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.



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. Email:

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

*All testimonials emailed 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



PRSRT STD  
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Permit #40



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

Health and Wellness or  
Prevention Information

2025 | Q2 BULLETIN

Your healthy source for living well.



WHOLE  
*you*

