



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.

Financial Literacy



This is a great time to review and improve your financial situation and skills. Financial literacy includes earning, spending, saving and investing, borrowing, and protecting. Feel empowered by learning ways you can manage your money (and earn more!).

Three Ways to Increase Your Financial Skills:

1. Receive custom Benefits Counseling. This no cost service with a certified benefits counselor helps YOU make an informed decision. Learn about work, how much you could earn, and maintain your job. You may be able to INCREASE your savings while keeping your Social Security benefits. Ask your Service Coordinator to assist or call Participant Services at 1-844-626-6813 (TTY: 711).

2. Visit PHW's Employment Resources page for webinars and other financial tools on a variety of financial topics:

<https://www.pahealthwellness.com/community/SocialDeterminantsOfHealth/EmploymentResources/resources.html>

3. Learn more about the PA ABLE Savings Program. You can also join a webinar. The PA ABLE Savings Program gives people with qualified disabilities a way to save for related expenses. The program focuses on keeping benefits and supporting health and quality of life.

<https://www.paable.gov/webinar/>

See additional resources on the next page. ►



More Resources

Remember: Supports and services are available to help you navigate your employment journey, as well as help when you have a job. Receive benefits counseling. Learn about on-site and off-site support. Explore reasonable accommodations and organization on the job and more!

- **FDIC Money Smart: Financial Education Program**
<https://www.fdic.gov/resources/consumers/money-smart/index.html>
- **Ticket to Work Helpline:** Contact 1-866-968-7842 (TTY: 1-866-833-2967); Monday-Friday 8 a.m.-8 p.m. Let your Service Coordinator know you called and if the representative referred you to a WIPA (Work Incentive Planning and Assistance Program).
- **PA CareerLink®** <https://www.pacareerlink.pa.gov/jponline/>
- **Work Without Losing Benefits** <https://www.dhs.pa.gov/WeCanWork/Resources/Pages/Work-Without-Losing-Benefits.aspx>
- **Impairment Related Work Expense** Certified benefits counselors can help!
<https://choosework.ssa.gov/Assets/cw/files/FAQ-impairment-related-work-expenses.pdf>
- **Higher Education Financial Education Resources**
https://home.treasury.gov/system/files/231/FLEC_Resources_FactSheet_ao2023_508ready.pdf



Transportation

Get the most from your plan! PHW offers a range of home and community-based services, including transportation.

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.

Vehicle Modification:

This refers to physical changes to a car or van that meet a participant's unique needs. The car or van can be owned by you, a family member, or another person who provides your main support so you can use the car or van for needed transportation.



If you are interested in learning more about transportation or our other home and community-based services, contact your Service Coordinator at 1-844-626-6813 (TDD/TTY 711) who will be happy to assist you with your needs.

What is Osteoporosis?

Osteoporosis is a disease which causes your bones to weaken and become breakable (fracture). Osteoporosis 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. This can make your bone become weak. The most common parts of your body where osteoporosis can cause a broken bone is the hip bones, the back (spine), and the wrist.

With osteoporosis, you typically do not have any symptoms until you have a broken bone or the vertebrae in your back (spine) begin to collapse. Symptoms of a broken vertebrae may include severe pain in your back, loss of height, or you have a hunched over appearance to your posture. Sometimes bones will break easily as a result of a minor fall or due to normal stress that may occur with bending, lifting, or even coughing.

You can take steps to help prevent osteoporosis and broken bones.

Try doing weight-bearing exercises or lifting weights. Eat a well-balanced diet rich in calcium and vitamin D. Avoid drinking too much alcohol, do not smoke, and take your medications, if prescribed. Other steps you can take to keep yourself safe include keeping your floors free of clutter, wear nonslip shoes, be careful of while walking on icy, wet, or polished surfaces.



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.

Factors that may put you at risk of developing osteoporosis include:

- Women are at greater risk and men over 70 are still at risk
- As you age, bones can become weaker
- Slender, thin-boned women and men
- White and Asian women are at the highest risk
- A family history of your parents having osteoporosis or hip fracture
- Low levels of certain hormones can increase your risk of osteoporosis
- Not having enough calcium, vitamin D, and protein in your diet
- Other medical conditions
- Certain medications used over a long period of time
- Not getting enough exercise or being inactive, heavy drinking of alcohol, and smoking can cause bone loss





Spend 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.

An easy way to beat springtime boredom is fun in the water. Don't forget sunscreen!

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.

Bless You!

Allergy season is back. And when you have allergies, spring can be a mixed bag. Try these tips to get a little relief and make it through allergy season more comfortably!

Ask your doctor about a test.

Allergy testing has come a long way in the past decade. Find out what specific triggers your body responds to.

What's the index?

Most TV stations broadcast allergy forecasts during weather segments. There are also websites and apps that can alert you to conditions in your area.

Cleanliness is power.

Take a bath or shower before going to bed to keep your sheets allergen-free.

Diet makes a difference.

Keep an eye on your food intake. Certain foods like sugars, wheat and dairy can make your allergies worse. Take note of symptoms like nausea, headache, dizziness or an itchy throat after eating. Drink plenty of water to flush and hydrate your system.

Breathe easier inside.

Crank up the AC instead of using window ventilation when conditions are bad.

Filter out the bad.

Change air filters regularly for the best quality air flow. Keep your carpets and floors clean and dust free.





Medication Adherence

Don't stop taking your medications without talking to your doctor, even if you are feeling good. When someone does not get better, it could be because they did not take their medication the way their doctor told them to! If you have questions or concerns, talk to your doctor or pharmacist. Something as small as remembering to take your medications could help save time, money, and your health!

Have questions about your plan's drug benefits? Call Member Services using the number on the back of your insurance card. We are here to help you better understand your plan!

Source: Kim, Jennifer. Medication Adherence: The Elephant in the Room. US Pharmacist. January, 2018.



pa health
& wellness™

Our Community. Our Health.

Established to deliver quality healthcare in the state of Pennsylvania through local, regional, and community-based resources.

Find us on Facebook & LinkedIn

  @PA Health & Wellness

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 "Write A Review." Whether it is a few words or a detailed experience, your review would be greatly appreciated.



Visit <https://www.pahealthwellness.com/community/community-connect.html> or talk with your PHW Service Coordinator to find more information about community events, employment aid, Supplemental Nutrition Assistance Program (SNAP) benefits, & rides to medical appointments.

1-844-626-6813 (TTY: 711)
PAHealthWellness.com

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.

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 at

1-855-FRAUD-PA (1-855-372-8372)

Pennsylvania Bureau of Program Integrity at

1-866-379-8477

Pennsylvania Department of Human Services

1-844-DHS-TIPS (1-844-347-8477)

Mail: Office of Inspector General,

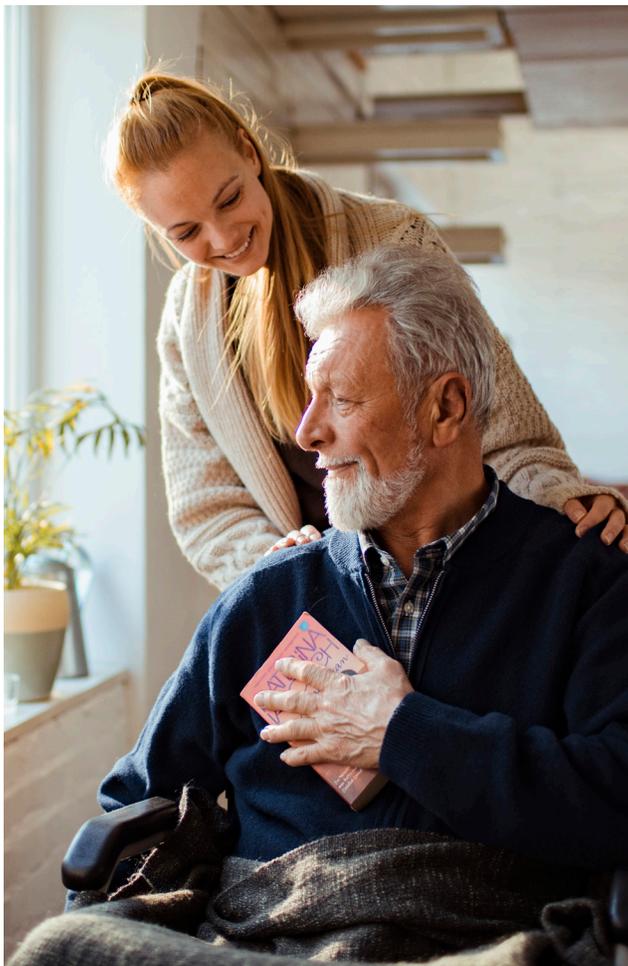
555 Walnut Street, 7th Floor, Harrisburg, PA 17101

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.



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).



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

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Your healthy source for living well.

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