

WHOLE you

2026 | Q3 BULLETIN



Heart Disease: Managing Medications



Many people with heart disease take more than one medicine. Heart medicines may help you be more active. They may also help you live longer and more comfortably. Using them correctly is important to your health. The tips below will help you get the most from your medicines. They will also help you prevent unpleasant or dangerous side effects.

- Always follow the label directions.
- Don't drink alcohol when taking medicines, unless your healthcare provider says it's OK.
- Be careful when mixing medicines.
- When in doubt, ask your doctor or pharmacist.
- Know what to do if you miss a dose.
- Read and save any product information that comes with your medicine.
- Buy all your prescription medicines at one pharmacy.



Copyright © 2025 WebMD Ignite

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



Managing Cholesterol

Cholesterol occurs naturally in your blood. It is a waxy substance that your body uses to build cells and make hormones. When you have too much cholesterol in your blood, it increases a person's risk of heart attack, heart disease, and stroke. Your body can obtain cholesterol from the liver and from the foods you eat. Primarily, your body makes all the cholesterol it needs in the liver. You may also get it from foods you eat that come from animals (meat, poultry, and dairy products).

When you have high cholesterol, the waxy substance builds up in artery walls and contributes to plaque, a hard deposit that narrows and clogs the arteries. As the plaque builds up, it becomes harder for your heart to circulate the blood and needed oxygen. This can cause chest pain and shortness of breath with activity (angina). If a blood clot forms where the artery has plaque buildup, it can block blood flow to the brain (causing a stroke) or blood flow to the heart (causing a heart attack). If you have questions, call Participant Services at **1-844-626-6813** (TTY: 711).



Type	Desirable	Borderline High	High
Total Cholesterol	Less than 200	200-239	240 and Higher
LDL Cholesterol ("Bad")	Less than 130	130-159	160 and Higher
HDL Cholesterol ("Good")	50 and Higher	40-49	Less than 40
Triglycerides	Less than 200	200-399	400 and Above
Glucose	Less than 140 mg/dL	140-199 mg/dL	200 mg/dL and Higher

References: American Heart Association (2026). *Life's Essential 8-How to control Cholesterol Fact Sheet*.

Weblink: <https://www.heart.org/en/healthy-living/healthy-lifestyle/lifes-essential-8/how-to-control-cholesterol-fact-sheet#>

American Heart Association (2026). *What is Cholesterol?* Weblink: <https://www.heart.org/en/health-topics/cholesterol/about-cholesterol>

Centers for Disease Control and Prevention (2024). *Preventing High Cholesterol*. Weblink: <https://www.cdc.gov/cholesterol/prevention/index.html>

Harvard Health Publishing (2026). *11 foods that can help lower your cholesterol*.

Weblink: <https://www.health.harvard.edu/heart-health/11-foods-that-can-help-lower-your-cholesterol>

John Hopkins Medicine (2026). *High Cholesterol: Prevention, Treatment and Research*.

Weblink: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/high-cholesterol/high-cholesterol-prevention-treatment-and-research>

Mayo Clinic (2026). *Top 5 lifestyle changes to improve your cholesterol*.

Weblink: <https://www.mayoclinic.org/diseases-conditions/high-blood-cholesterol/in-depth/reduce-cholesterol/art-20045935?p=1>

MedlinePlus (2025). *How to lower Cholesterol*. Weblink: <https://medlineplus.gov/howtolowercholesterol.html>



Did You Know?

PHW can assist with short-term community integration services. These services are provided during life-changing events such as moving from a nursing home, moving to a new community or from a parent's home, or other changes that require new skills. Call Participant Services, your Service Coordinator, or your Care Manager at 1-844-626-6813 (TTY: 711) to learn more.

Community Connect

Call 1-844-626-6813 (TTY: 711) to ask about community events, employment aid, Supplemental Nutrition Assistance Program (SNAP) benefits, & rides to medical appointments.

You may also learn more by visiting our website at:

PAHealthwellness.com/community/community-connect.html

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.



**ATTENTION
PARTICIPANTS!**

 **pulsewrx**

Free Wireless Program

Community HealthChoices Participants can get a smartphone at no cost with a talk, text, and 4.5 GB data plan.

To learn more, visit PulseWrx.com or MyBenefitPhone.com. Use a cell phone to call 213-566-3733 (TTY 711) and apply by automated system. Have your Medicaid number handy!

For help, call Participant Services at 1-844-626-6813 (TTY 711).

Oral Health Tips for Older Adults

Keeping your mouth healthy helps your whole body stay healthy. Dental health can affect your heart, blood sugar, and more. Here are common dental problems and what you can do about them.

Cavities

Cavities are holes in your teeth caused by tooth decay. They happen when sugar and germs damage the tooth. Older adults may get cavities on the roots of teeth, especially if gums pull back or the mouth is dry.

Signs to watch for:

- White spots on your teeth that may get darker over time
- Pain or sensitivity
- Holes in teeth

What you can do?

- Brush 2 times a day with fluoride toothpaste
- Use a fluoride rinse if your dentist says it's ok
- Limit sugary foods and drinks
- Drink water often
- See a dentist for regular checkups

Gum Disease

Gum disease is an infection of the gums. It may get worse over time and may lead to tooth loss.

Signs to watch for:

- Red or swollen gums
- Bleeding when brushing
- Loose teeth (later stage)

What you can do?

- Brush and floss every day
- Get dental cleanings and checkups
- Quit smoking if you smoke
- Manage health problems like diabetes

Dry Mouth and Other Changes

Dry mouth is common, often caused by medicines. It can make it hard to eat, speak, or wear dentures.

Signs to watch for:

- Dry or sticky feeling in your mouth
- Trouble swallowing
- Changes in taste

What you can do?

- Sip water often during the day
- Talk to your doctor about your medicines
- Use saliva products if needed
- Eat soft, moist foods
- Visit your dentist regularly



Call Participant Services at **1-844-626-6813** (TTY: 711) to request a free oral health kit, which includes a toothbrush, toothpaste, floss, tongue scraper, and small bottle of mouthwash.

The Benefits of Physical Activity

Finding ways to exercise is a great way to stay fit and improve your health. Research shows that an exercise routine offers many health benefits. It's also well known that regular exercise can help to boost heart health, keep a healthy body weight, keep joints flexible and healthy, and improve balance to reduce falls. Always talk with your doctor before starting any exercise or physical activity program.



Exercise comes in many forms! Here are some activities that feel more like fun than hard work:

- Dancing
- Go bowling
- Join a gym
- Rediscover a favorite sport
- Enjoy the great outdoors
- Go for a swim



Remember: Don't Brave the Heat. Heat-related illnesses are no joke! If you exercise outdoors this summer, make sure to drink water at least every 20 minutes. Symptoms of heatstroke can include extremely hot skin, confusion, nausea and even seizures.



Investing in Men's Health

Taking care of your health is one of the most important investments you can make. Take time to focus on your well-being and learn about the resources and benefits available to help you stay healthy at every stage of life.

Many men may put off focusing on their health. One of the top reason men avoid the doctor is not wanting to hear bad news. The good news is that taking small steps—like scheduling regular health screenings, eating well, and having open conversations with a medical professional about stress or symptoms—can help catch concerns early. These steps can make a big difference in helping you stay healthy and feel your best.

By prioritizing your health, you are building a stronger, healthier future for yourself and the people around you. If you have questions or need help, call Participant Services at **1-844-626-6813** (TTY: 711).



Your Employment Journey

Have specific questions about working or need help? We are here to make it easier, supporting you around every bend of the road.

These resources are here to support you and your family as you build skills, find a job, and get the help you need along the way: PAHealthWellness.com/EmploymentResources

Your local library has more than just books and internet. It has events, classes, and other useful resources. Find your local library here: <https://PowerLibrary.org/find-a-library/>

You can find other volunteer opportunities at: <https://www.idealists.org/en/volunteer>

Call Participant Services, your Service Coordinator, or your Care Manager at **1-844-626-6813** (TTY: 711). You may also email Employment@PaHealthWellness.com.



PA ABLE ACCOUNTS IN 2026

Effective January 1, 2026, ABLE accounts are now available to any individual with a qualifying disability that started prior to age 46. This update expands possibilities for those who acquired disability later than the previous age requirement of 26. PA ABLE accounts do not affect eligibility for any means-tested benefits.

Open additional possibilities with a PA ABLE account, which offers:

- Benefit Protection
- Expanded Employment Opportunities
- Gift Contributions
- State Income Tax Deduction
- Tax-Free Spending
- Tax-Free Growth
- PA Medical Assistance Repayment Protection
- Inheritance Tax Exemption
- 529 College Savings Rollover

To learn more, call **855-529-2253** (TTY 711) or visit <https://www.PAABLE.gov/qualified-expenses/>.



HERE FOR YOUR HEALTH



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

All testimonials sent to us will remain anonymous.

Find us on Facebook & LinkedIn   @PA Health & Wellness

If you are a PHW Participant who is eligible for Medicaid and Medicare, our Dual Eligible Special Needs Plan can provide enhanced benefits, better benefit coordination, and more value.

Call 877-823-8267 (TTY 711) from 8am-8pm, 7 days a week or visit PAHealthWellness.com/DSNP.

Medicaid

Community
HealthChoices



Medicare



Dual Eligible Special Needs Plan

**ENHANCED
BENEFITS**

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

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 (TTY: 711) 或咨询您的服务提供商。

Nepali

ध्यान दिनुहोस्: यदि तपाईं अङ्ग्रेजी बाहेक अन्य भाषा बोल्नुहुन्छ भने, निःशुल्क भाषा सहायता सेवाहरू तपाईंका लागि उपलब्ध छन्। पहुँचयोग्य ढाँचाहरूमा जानकारी प्रदान गर्न उपयुक्त सहायक सहायता र सेवाहरू पनि निःशुल्क उपलब्ध छन्। 1-844-626-6813 (TTY: 711) मा कल गर्नुहोस् वा आफ्नो प्रदायकसँग कुरा गर्नुहोस्।

Russian

ВНИМАНИЕ! Если Вы говорите по-русски, Вам доступны бесплатные услуги языковой поддержки. Вам также бесплатно предоставят соответствующие вспомогательные средства и услуги для предоставления информации в доступных форматах. 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) oswa pale avèk 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 và dịch vụ phụ trợ thích hợp để cung cấp thông tin ở các định dạng có thể tiếp cận cũng được cung cấp miễn phí. Vui lòng gọi theo số 1-844-626-6813 (TTY: 711) hoặc trao đổi với nhà cung cấp dịch vụ của bạn.

Ukrainian

УВАГА: Якщо Ви розмовляєте українською, Вам безкоштовно доступні послуги мовної підтримки. Відповідні допоміжні засоби та послуги для надання інформації у доступних форматах також надаються безкоштовно. Зателефонуйте за номером 1-844-626-6813 (TTY: 711) або зверніться до свого постачальника медичних послуг.

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 do Brasil, 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: আপনি যদি ইংরেজি ছাড়া অন্য কোনও ভাষায় কথা বলেন, তাহলে আপনার জন্য বিনামূল্যে ভাষা সহায়তা পরিষেবা পাওয়া যায়। অ্যাক্সেসযোগ্য ফরম্যাটে তথ্য প্রদানের জন্য উপযুক্ত যোগাযোগ সহায়তা এবং পরিষেবাগুলিও বিনামূল্যে পাওয়া যায়। 1-844-626-6813 (TTY: 711) নম্বরে কল করুন অথবা আপনার প্রদানকারীর সঙ্গে 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:ប្រសិនបើអ្នកនិយាយភាសាខ្មែរស្ទើរតែគ្មានសម្រាប់អ្នក។
ជំនួយនិងសេវាកម្មដែលសមរម្យសម្រាប់ផ្តល់ព័ត៌មានតាមទម្រង់ដែលអាចចូលប្រើបាន
ក៏អាចរកបានដោយឥតគិតថ្លៃផងដែរ។សូមទូរស័ព្ទទៅលេខ 1-844-626-6813 (TTY: 711)
ឬនិយាយទៅកាន់អ្នកផ្តល់សេវាបស់អ្នក។

Continued on next page...

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 અંગ્રેજી સિવાય બીજી ભાષા બોલતા હો, તો તમારા માટે મફત ભાષા સહાય સેવાઓ ઉપલબ્ધ છે. માહિતી સુલભ સ્વરૂપમાં આપવા માટે યોગ્ય સહાયક સાધનો અને સેવાઓ પણ મફતમાં 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

* 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.

Reporting Other Insurance Coverage - Third Party Liability

You may have Medicare or other health insurance. Medicare or your other health insurance is your primary insurance. This other insurance is known as “third party liability” or TPL. Having other insurance does not affect your Medical Assistance eligibility. In most cases, your Medicare or other insurance will pay your PCP or other provider before PA Health and Wellness pays. PA Health and Wellness can only be billed for the amount that your Medicare or other health insurance does not pay. You must tell both your CAO and Participant Services at 1-844-626-6813 (TTY:711)

You must let us know if:

- You have other health insurance now
- You get new other health insurance
- Your other insurance ends
- Any information about your other insurance changes
- Giving us this information helps make sure your health care claims are paid correctly and on time.



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

Health and Wellness or
Prevention Information



WHOLE you

2026 | Q3 BULLETIN



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

INCLUDING THESE TOPICS AND MORE: Heart Disease: Managing Medications | Managing Cholesterol
Free Wireless Program | Oral Health Tips for Older Adults | Benefits of Physical Activity
Investing in Men's Health | Your Employment Journey | PA ABLE Accounts in 2026