



*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.



## BEAT THE HEAT

With summer here and the forecast showing high temperatures, it is important to keep yourself safe.

**The National Weather Service may issue heat index warnings to help communities prepare:**

### Excessive Heat Watch


Conditions indicate an excessive heat event in the next 24 to 72 hours.

### Heat Advisory

The Heat Index values are forecasted to have daytime highs of 100-105°F for 1 to 2 days.

### Excessive Heat Warning

The Heat Index values are forecasted to have daytime highs of 105-110°F for at least 2 days.

Learn more on the next page. 

**Older adults and people with chronic conditions may be unable to cool themselves, potentially leading to:**

- Heat Stroke
- Heat Cramps
- Sunburn
- Heat Exhaustion
- Heat Rashes

**Heat stroke can occur when your body temperature is above 103°F. Other symptoms may also include:**

- Dizziness
- Red, hot, and dry skin (no sweating)
- Upset stomach
- Rapid, strong pulse
- Confusion
- Throbbing headache
- Passing out

**Heat stroke is a medical emergency. If you think someone you know may be experiencing heat stroke:**

- Call 911.
- Move the person to a cooler place.
- Help lower the body temperature by using cool cloths, a cool bath, spraying with a garden hose, or fanning.
- Do **NOT** give the person anything to drink.
- Continue until help arrives or the body temperature is **below** 102°F and stays there.

Signs of heat exhaustion include heavy sweating, pale skin, muscle cramps, tiredness, weakness, dizziness, headache, upset stomach or vomiting, and fainting. If you think you are experiencing heat exhaustion, move to a cooler place, loosen your clothes, use cool wet cloths on your body, sip water, and rest. Get medical help right away if you are throwing up, your symptoms get worse, or they last longer than one (1) hour.

With heat cramps, you may notice heavy sweating, muscle pain, or spasms. If you feel you are having heat-related cramps, stop physical activity, move to a cool place, and drink water or sports drinks. Do not resume physical activity until the cramps go away.

If you have sunburn, your skin may be painful, red, and warm. In more serious cases of sunburn, you may experience blisters on your skin. Stay out of the sun until it is healed. Use cool cloths on sunburn areas or take a cool bath and apply moisturizing lotion. **DO NOT** break blisters.

Heat rash will often occur on the neck, chest, groin, or elbow creases and is characterized by red clusters of small blisters that have the appearance of pimples. To help relieve heat rash, get to a cool, dry place. Keep the rash dry and use powder to soothe the rash.

**During periods of extreme heat, be prepared and make a plan to stay cool.** Stay hydrated by drinking enough water. Avoid sugary, caffeinated, and alcoholic drinks. Have a healthy snack.

The infographic features a central stylized human figure with a red-to-orange gradient, split vertically. The left side is associated with Heat Exhaustion, and the right side with Heat Stroke. To the left of the figure is a list of symptoms for Heat Exhaustion: Dizziness, Thirst, Heavy Sweating, Nausea, and Weakness. To the right is a list for Heat Stroke: Confusion, Dizziness, and Becomes Unconscious. Above the figure's head are icons for a water bottle, a question mark, and a person with a question mark. Below the figure are icons for a water bottle and a person with a question mark. Two boxes provide 'ACT FAST' instructions: an orange box for Heat Exhaustion and a red box for Heat Stroke. The Heat Stroke box includes the instruction 'CALL 911'. A note at the bottom states 'Heat exhaustion can lead to heat stroke.' and 'Heat stroke can cause death or permanent disability if emergency treatment is not given.'

**ACT FAST**

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

**ACT FAST**

**CALL 911**

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

*Heat exhaustion can lead to heat stroke.*

*Heat stroke can cause death or permanent disability if emergency treatment is not given.*

Stay cool by taking cool showers/baths or moving to a place with air conditioning. Do not use electric fans during extreme heat. If there is a power outage, find a place to stay cool such as libraries, shopping malls, government buildings, or community centers. Check in with your family and neighbors often.

(Centers for Disease Control and Prevention)

## COMMUNITY INTEGRATION



## Get the most from your plan!

PHW offers a range of home and community-based services, including community integration and transition services.

### Community Integration:

Short-term 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. Services are designed to improve self-help, communication, socialization and other skills needed to live in the community.

### Community Transition Services:

If you need to move from an institution to your home, apartment or other living arrangement, expenses are covered on a one-time basis. These include security deposits, moving expenses and household products.



# MORE STRETCHING, LESS STRESSING



Yoga is an exercise that you can enjoy and get better at over time. It doesn't matter how old or fit you are. You can even do yoga while sitting down. It's unique because it helps your body, mind and spirit all at once. Yoga teaches you to be kind to your body and accept what it can or cannot do.

## Research says yoga is great for your health.

It can help lower your blood pressure, slow your heart rate, and help you feel less stressed. Yoga can make you move and bend better. Yoga teaches you how to breathe deeply, which helps you feel calm. It can also boost your mood! Your sleep quality can improve. It also makes your body stronger and more balanced. Yoga makes you more flexible and balanced, which helps you stay safe from falling.

Remember, our bodies change as we get older, so we need to be careful when doing yoga. Always listen to your body. If something feels too hard, take a break. Just stretching your arms and taking deep breaths can make you feel better.

You can find a yoga class near you or watch beginner videos online. Yoga helps our mind, body and spirit. Regardless of your age or fitness level, **we encourage you to give it a try!**

(Source: <https://www.henryford.com/blog/2022/05/how-yoga-can-benefit-you-at-any-age>)



## DENTAL BENEFITS

PA Health & Wellness provides limited dental benefits for Participants through dentists within the PHW network for services.

### PHW covers the following services for Participants age 21 and older:

- **Two periodic oral exams and cleanings per year**
  - Includes surgical procedures and emergency services related to treatment for symptoms and pain
- **All medically necessary dental services**
  - Includes teeth cleaning, x-rays, cavity fillings, crowns and other services
- **Up to \$1000 lifetime benefit for dentures for Nursing Facility Clinically Eligible Participants**
- **Beyond Medicaid-covered services, Participants can request an oral hygiene kit**

**Need help making an appointment?** Call Participant Services: 1-844-626-6813 (TTY 711)

The **Americans with Disabilities Act (ADA)** was signed July 26, 1990. This year marks 34 years. For some, this date is considered National Disability Independence Day. The signing of the ADA bans discrimination and promotes equal opportunity for people with disabilities.

## Four Ways to Celebrate and Learn More:

### 1 Receive individualized Benefits Counseling.

This no cost service with a certified benefits counselor helps YOU make informed decisions. Learn about work, how much you could earn, and how to maintain your job. You may also be eligible for additional incentives. These INCREASE your savings while maintaining your Social Security benefits. Ask your Service Coordinator to assist or call Participant Services at 1-844-626-6813 (TTY: 711).

### 2 Pennsylvania Human Relations Commission.

<https://www.phrc.pa.gov/AboutUs/Pages/About-PHRC.aspx>

PA's Civil Rights Enforcement agency of state laws covers discrimination in employment, housing, commercial property, education, and public accommodations. This includes the Pennsylvania Human Relations Act (PHRA).

### 3 Watch the reveal of the 2024 theme for National Disability Employment Awareness Month (NDEAM) that occurs every October.

<https://www.dol.gov/agencies/odep/initiatives/ndeam>

### 4 Contact the regional ADA Center for PA for helpful sources of information and personalized guidance:

**Mid-Atlantic ADA Center** | TransCen, Inc.

12300 Twinbrook Parkway, Suite 350

Rockville, MD 20852

301-217-0124 (V/TTY) 301-251-3762

[adainfo@transcen.org](mailto:adainfo@transcen.org) | <http://www.adainfo.org>

(Credit: ADA National Network | [adata.org](http://adata.org) | 1-800-949-4232)



**REMEMBER:** Supports and services are available. Get help on your employment journey, as well as when you have a job. This can include benefits counseling, non-medical transportation, on-site and off-site support. Get help exploring reasonable accommodations on the job and more!

### Additional Resources:

#### ADA34

<https://adata.org/ada-anniversary>

#### ADA Guidance and Resource Materials

<https://www.ada.gov/resources/?filters=>

#### PA Health & Wellness Employment Resources

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

#### Understanding the ADA: Core Concepts

<https://www.eeoc.gov/eeoc-disability-related-resources/understanding-ada-core-concepts>

#### U.S Department of Transportation & Departmental Office of Civil Rights

<https://www.transportation.gov/civil-rights>

#### U.S Department of Labor & the ADA

<https://www.dol.gov/general/topic/disability/ada>

#### Disability Rights PA

<https://www.disabilityrightspa.org/>

# 10 DINNERS FOR \$10



**Here's a daily question that most of us dread:**

**What's for dinner?** It makes us think about cost, time and nutrition. This can all be tough to balance. Here are some family friendly dinner options for four that cost just a few bucks per serving. There are even vegetarian and gluten-free options. You will love saving money with these simple dinners.

## Lemon & Herb Roast Chicken & Vegetables

Roast your favorite cuts of chicken with some onion, celery and root vegetables. All you need is some olive oil, salt, pepper and a baking sheet for this simply delicious dinner.

## Antipasti Penne

Combine the first items that you'd reach for on an appetizer plate with a simple tomato sauce. Stir in cooked and drained penne, and enjoy this twist on an appetizer pasta.

## Vegetarian Tortilla Casserole

A meatless meal with many layers. Stack tortillas, tomatoes, spinach and salsa with layers of cheese.

## Breaded Pork Chops With Apple-Cabbage Slaw

Juicy pork chops with a crunchy breading need a crunchy slaw to match. Herbs and a flavorful sauce make this meal a perfect plate.

## Bacon & Broccoli Rice Bowl

Rice is a great canvas for all kinds of nutritious combos. Wake up and smell the eggs and bacon. Then eat your veggies for a full brunch experience.

## Beefy Stuffed Sweet Potato

A smart spin on a classic meal. A nutritious sweet potato is the main act here. Make an easy ground beef filling and quick veggie side to complete the meal.

## Bean, Kale & Egg Stew

Kale can be delicious when cooked. Throw it in a bowl of cooked beans topped with an egg. Cheesy toast is perfect for dipping and savoring your last few bites.

## Chicken, Pepper & Corn Stir-Fry

A stir-fry is a healthy balance of meat and colorful veggies cooked together in a wok or skillet. Serve with rice for a well-balanced dinner option.

## Spicy Fish & Olive Spaghetti

If you aren't afraid of spice and garlic breath, try this! Flavorful pieces of tilapia on top of a simple tomato sauce and some pasta make an impressive dish in just a few minutes.

## Grains With Chicken & Lentils

Leftover rotisserie chicken completes this flavorful dinner of plant protein, green beans and browned onions. Almonds and some Greek yogurt are the cherries on top.

Visit <https://tinyurl.com/b76u552f> to see all 10 of these recipes.

(Source: <https://www.foodnetwork.com/healthy/photos/10-healthy-dinners-for-about-10>)



Heart disease is the leading cause of death in the country.<sup>3</sup> Having a high total cholesterol can raise your risks for heart disease as you age.

#### DID YOU KNOW?

SMALL CHANGES CAN **LOWER YOUR CHOLESTEROL** BY UP TO A THIRD.<sup>1,2</sup>

#### Here are some things you can try:

- 30 minutes of high intensity exercise twice in the week
- Snacking on fruits and nuts instead of items with lots of fat and sugar
- Fill half of your plate with vegetables at meals
- Change your meat choices to lean meats, like chicken and fish

Although medications are helpful, small changes to your daily life have the greatest impact. Try these small changes and have the **long and healthy life** you deserve!



#### Sources:

1 Janse Van Rensburg WJ. Lifestyle Change Alone Sufficient to Lower Cholesterol in Male Patient With Moderately Elevated Cholesterol: A Case Report. *Am J Lifestyle Med.* 2018 Oct 19;13(2):148-155. doi: 10.1177/1559827618806841. PMID: 30800020; PMCID: PMC6378490.

2 Rosenthal RL. Effectiveness of altering serum cholesterol levels without drugs. *Proc (Bayl Univ Med Cent).* 2000 Oct;13(4):351-5. doi: 10.1080/08998280.2000.11927704. PMID: 16389340; PMCID: PMC1312230.

3 Xu JQ, Murphy SL, Kochanek KD, Arias E. Mortality in the United States, 2021. *NCHS Data Brief, no 456.* Hyattsville, MD: National Center for Health Statistics. 2022. DOI: <https://dx.doi.org/10.15620/cdc:122516>.

## 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 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.

## 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).

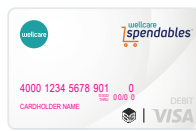
PA Health & Wellness offers specialized Medicare Advantage Plans for individuals who are eligible for both Medicare and Medicaid. Our Wellcare By Allwell Dual Special Needs plans provide additional benefits that are designed to meet your health care needs.

To learn more, call us at 1-844-917-0175 (TTY: 711) Monday - Sunday 8 am - 8 pm.

For more than 20 years, Wellcare has offered a wide range of Medicare Advantage products, which offer coverage beyond Original Medicare. **Our Dual Special Needs Plan includes \$0 premiums, prescription drug coverage and many extra benefits:**

-  Dental, including dentures and implants
-  Eye wear and hearing aid coverage
-  Rides to medical appointments
-  Virtual Doctor visits
-  Gym membership or fitness kit

 Introducing the NEW Wellcare Spendables™ Card



With this easy-to-use card, members receive a monthly allowance which can be used for:\*

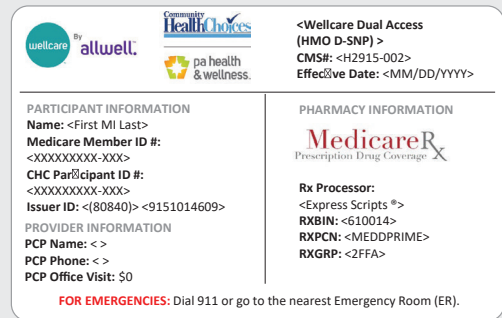
- Over the Counter (OTC) Items
- Healthy Foods
- Rent & Utility Assistance
- Gas (Pay-at-Pump)



### Our Dual Special Needs Plan can make your life easier!

When your Medicare & Medicaid benefits are aligned with PHW, we can provide better benefit coordination, more value, and a seamless member experience.

- One ID Card
- One Call for Customer Service
- One Care Manager
- Support where you live
- Extra Benefits
- Zero Dollar Copay



## To learn more about these benefits:

Call **1-844-917-0175 (TTY: 711)** from Monday - Sunday between 8 am - 8 pm.

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. | \*Benefits mentioned are a part of Special Supplemental Benefits for the Chronically Ill. Not all members will qualify. In addition to being high-risk, you must have one or more of the following chronic conditions: cancer, cardiovascular disorders, chronic and disabling mental health conditions, chronic lung disorders, diabetes. There are other eligible conditions not listed. Eligibility for this benefit cannot be guaranteed based solely on your condition. All applicable eligibility requirements must be met before the benefit is provided. For details, please contact us.

# 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. 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, 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:

Grievance and Appeals Coordinator  
PA Health & Wellness  
1700 Bent Creek Blvd. Ste 200  
Mechanicsburg, PA 17050  
1-844-626-6813 (TTY 711)  
Fax: 1-844-873-7451

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, PA Health & Wellness 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, DC 20201  
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at **<http://www.hhs.gov/ocr/office/file/index.html>**.



# Language Assistance



## English:

If you, or someone you're helping, has questions about PA Health & Wellness, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-844-626-6813 (TTY: 711).

## Spanish:

Si usted, o alguien a quien está ayudando, tiene preguntas acerca de PA Health & Wellness, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-844-626-6813 (TTY 711).

## Chinese Mandarin:

如果您，或是您正在協助的對象，有關於 PA Health & Wellness 方面的問題，您有權利免費以您的母語得到幫助和訊息。如果要與一位翻譯員講話，請撥電話 1-844-626-6813 (TTY 711)。

## Vietnamese:

Nếu quý vị, hay người mà quý vị đang giúp đỡ, có câu hỏi về PA Health & Wellness, quý vị sẽ có quyền được giúp và có thêm thông tin bằng ngôn ngữ của mình miễn phí. Để nói chuyện với một thông dịch viên, xin gọi 1-844-626-6813 (TTY 711).

## Russian:

В случае возникновения у вас или у лица, которому вы помогаете, каких-либо вопросов о программе страхования PA Health & Wellness вы имеете право получить бесплатную помощь и информацию на своем родном языке. Чтобы поговорить с переводчиком, позвоните по телефону 1-844-626-6813 (TTY 711).

## Pennsylvania Dutch:

Vann du, adda ebbah's du am helfa bisht, ennichi vragen hott veyyich PA Health & Wellness, dann hosht du's recht fa hilf greeya adda may aus finna diveyya in dei shprohch un's kosht nix. Fa shvetza mitt ebbah diveyya, kawl 1-844-626-6813 (TTY 711).

## Korean:

만약 귀하 또는 귀하가 돕고 있는 어떤 사람이 PA Health & Wellness 에 관해서 질문이 있다면 귀하는 그러한 도움과 정보를 귀하의 언어로 비용 부담없이 얻을 수 있는 권리가 있습니다. 그렇게 통역사와 얘기하기 위해서는 1-844-626-6813 (TTY 711)로 전화하십시오.

## Italian:

Se lei, o una persona che lei sta aiutando, avesse domande su PA Health & Wellness, ha diritto a usufruire gratuitamente di assistenza e informazioni nella sua lingua. Per parlare con un interprete, chiami il 1-844-626-6813 (TTY 711).

## Arabic:

إذا كان لديك أو لدى شخص تساعدك أسئلة حول PA Health & Wellness، لديك الحق في الحصول على المساعدة والمعلومات الضرورية بلغتك من دون أية تكلفة. للتحدث مع مترجم اتصل بـ 1-844-626-6813 (TTY 711)

Language Assistance, continued

**French:**

Si vous-même ou une personne que vous aidez avez des questions à propos d'PA Health & Wellness, vous avez le droit de bénéficier gratuitement d'aide et d'informations dans votre langue. Pour parler à un interprète, appelez le 1-844-626-6813 (TTY 711).

**German:**

Falls Sie oder jemand, dem Sie helfen, Fragen zu PA Health & Wellness hat, haben Sie das Recht, kostenlose Hilfe und Informationen in Ihrer Sprache zu erhalten. Um mit einem Dolmetscher zu sprechen, rufen Sie bitte die Nummer 1-844-626-6813 (TTY 711) an.

**Gujarati:**

જો તમને અથવા તમે જેમની મદદ કરી રહ્યા હોય તેમને, PA Health & Wellness વિશે કોઈ પ્રશ્ન હોય તો તમને, કોઈ ખર્ચ વિના તમારી ભાષામાં મદદ અને માહિતી પ્રાપ્ત કરવાનો અધિકાર છે. દુભાષિયા સાથે વાત કરવા માટે 1-844-626-6813 (TTY 711) ઉપર કોલ કરો.

**Polish:**

Jeżeli ty lub osoba, której pomagasz, macie pytania na temat planów PA Health & Wellness, macie prawo poprosić o bezpłatną pomoc i informacje w języku ojczystym. Aby skorzystać z pomocy tłumacza, zadzwoń pod numer 1-844-626-6813 (TTY 711).

**French Creole (Haitian Creole):**

Si oumenm, oubyen yon moun w ap ede, gen kesyon nou ta renmen poze sou PA Health & Wellness, ou gen tout dwa pou w jwenn èd ak enfòmasyon nan lang manman w san sa pa koute w anyen. Pou w pale avèk yon entèprèt, sonnen nimewo 1-844-626-6813 (TTY 711).

**Mon-Khmer, Cambodian:**

ប្រសិនលោកអ្នកឬ នរណាម្នាក់ដែលអ្នកកំពុងតែជួយមានបញ្ហាអំពី PA Health & Wellness អ្នកមានសិទ្ធិ ទទួលបានជំនួយនិងព័ត៌មានជាភាសាលោកអ្នកដោយឥតគិតថ្លៃ។ សូមនិយាយទៅកាន់អ្នកបកប្រែ ភាសាលេខ 1-844-626-6813 (TTY 711).

**Portuguese :**

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o PA Health & Wellness, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-844-626-6813 (TTY 711).

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**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.**



# Our Community. Our Health.

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

1-844-626-6813 (TTY: 711)

PAHealthWellness.com

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 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 will remain anonymous.





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

Health and Wellness or  
Prevention Information

2024 | Q3 BULLETIN

**Your healthy source for living well.**

Community  
**HealthChoices**



WHOLE  
**you**

