



Eating Habits

EATING HABITS

<<Eating healthy and managing your weight in a way that works best for you can help you improve your overall health - physically and mentally. Contact Case Management at <1-800-685-5209 (PA)> if you would like more information on how Gateway Health can help you reach your goals.>>



Exercise

EXERCISE

<<Being active can help you stay healthy. It's always a good idea to talk to your doctor about your exercise routine. If you don't have one, they can help you determine the best and safest activity for you. If you already have an exercise routine you may want to ask if you should increase or maintain your level of exercise. You can also talk to a Gateway Health case manager at <1-800-685-5209 (PA)> to learn more about what Gateway Health can do to help you stay active.>>



Emotional Health

EMOTIONAL HEALTH

<<If you are finding it hard to care for yourself or do daily activities because of how you are feeling emotionally, talk with your doctor or Case Management team. If you need additional help in managing your emotional health, please contact Case Management at <1-800-685-5209 (PA)> for how Gateway Health can help you.>>



Safety

SAFETY

<<It is easier to take care of your health when you feel safe. Being in an unsafe physical, emotional, sexual, or environmental situation can keep you from doing what is best for you and your health. If you have concerns about your safety, Gateway Health is here to help. Contact Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>.>>



Healthcare

WELLNESS VISIT

<<Our records indicate that you may not have had a visit with your PCP recently. It is important for you to have a wellness visit with your doctor each year. This is an opportunity for you and your doctor to review your treatment plan, medication needs, address any needed tests or screenings, and answer any health questions you may have. If you need help scheduling an appointment, please call Case Management at <<1-800-685-5209/TTY: 711 (PA)>> <<1-888-447-4505/TTY: 711 (OH)>> <<1-855-847-6430/TTY: 711 (NC)>> <<1-855-847-6380/TTY: 711 (KY)>>.>>

<<Our records indicate that you have recently completed a wellness visit with your PCP. Congratulations on taking an active role in your health! It is important for you to have a wellness visit with your doctor each year. This is an opportunity for you and your doctor to review your treatment plan, medication needs, address any needed tests or screenings, and answer any health questions you may have.>>

FLU

<<One way to prevent illness is by getting your yearly flu shot, which is the best way to prevent you from getting the flu. It also prevents you from spreading it

to others. You can get the flu shot as early as September and throughout the winter months. Talk to your doctor if you would like more information on the flu shot.>>

PAIN MANAGEMENT

<<Being in pain can interfere with your ability to complete daily activities. If you experience pain three or more days per week, please speak with your doctor. That way, together, you can work out a plan to start feeling better as soon as possible.>>

FALLS

<<Some falls may not seem serious, but they can have serious results. If you have had a problem with balance or walking, please contact Case Management at <1-800-685-5209 (PA)> for more information on how to prevent falls and how Gateway Health can help you.>>



Women's Health

BREAST CANCER

< No> Our records indicate you have not had a breast cancer screening recently. A breast cancer screening is usually done by getting an x-ray of your breasts called a mammogram. It is recommended for most women 50-74 years old to have a mammogram every two years. Regular screening is the best way to find cancer early when it is easier to treat. Contact Case Management at <1-800-685-5209 (PA)> TTD/TTY 711 or your PCP to schedule an appointment today! >