

Gateway to Health

A MEMBER NEWSLETTER

March 2006



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Protecting Yourself Against Domestic Violence

Domestic violence occurs within a family or an intimate relationship as a way for one person to control another. It includes physical abuse, not allowing someone to leave home, or using objects like knives and guns to cause injury. It also includes harming someone emotionally by threats, name-calling, and put-downs.

Domestic violence is a crime. Legal protections are available to you. You can file criminal charges against your abuser with local or state police and/or ask the court to issue a Protection from Abuse Order (PFA) to stop your abuser from hurting you or your children. You do not need a PFA to file criminal charges, and you do not need to file criminal charges to get a PFA.

When you go to court, a judge may grant a PFA to:

- Keep your abuser away from you and your family, your home, and where you work
- Give you temporary custody of your children
- Make your abuser pay support
- Take away your abuser's weapons.

(Cont. on page 2)

US Steel Tower, Floor 41
600 Grant St.
Pittsburgh, PA 15219

MOVING? If you are moving or changing your telephone number, please notify Member Services by calling 1-800-392-1147.

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■ Si desea recibir una copia de esta información en español, por favor llame al número 1-800-392-1147.

■ Hearing impaired members, call AT&T's TDD line at 1-800-654-5988, and ask to be connected to 1-800-392-1147.

■ This managed care plan may not cover all your health care expenses. Read your member handbook carefully to determine which health care services are covered.

What's Love Got To Do With It?

Sometimes in relationships, things that may seem innocent and romantic can be something else entirely. A young woman hopes for a boyfriend who pays attention to her and watches out for her, but not for one who won't let her out of his sight. A young man may appreciate a girlfriend who calls to see how his day is, but not one who calls every hour to see where he's going.

Television, music, videos, and magazines scream the message that to be complete, you must be loved, and that love should be romantic, sexy, and all-forgiving—even if it involves physical or sexual violence.

By high school, it is no wonder teens have difficulty recognizing the fine line between sweet and smothering, concern and control, passion and possession. And, when that line is crossed, they have even more difficulty realizing that the relationship can be harmful or even deadly.

One-third of teens report exper-

encing some kind of abuse in their romantic relationships. Studies have shown that young people who experience domestic violence at home or in their own dating relationships are more likely to smoke, drink, fail in school, get pregnant, use drugs, suffer from eating disorders or problems, consider suicide, or be murdered by an intimate partner.

Take time to talk with the young people in your life about what a healthy, loving relationship looks like. Encourage your kids to talk to their friends who may be abusive or in an abusive relationship.

When young people understand that trust, patience, and kindness—not jealousy, rage, and obsession—are signs of love, it increases the chances that they will be safe in their dating interactions and recognize true, loving relationships.

If you are worried about your teenager and you need to talk, call the **National Domestic Violence Hotline**.



Protecting Yourself Against Domestic Violence

(Cont. from page 1)



It is important to know that you do not need a lawyer to get a PFA in Pennsylvania. When you need help in filing criminal charges

or applying for a PFA, your local domestic violence program can talk to you about your choices.

To find the local domestic violence program nearest to you, look in the phone book in the blue pages under "Abuse" or "Assault." You can also ask your doctor or other healthcare professionals to help you find the help you need.

If something about your relationship scares you, or you

are worried about a friend, and you need to talk, call the National Domestic Violence Hotline.

National Domestic Violence Hotline

1-800-799-7233 (SAFE)

1-800-787-3224
(TTY for the Deaf)

www.ndvh.org

Help is available in English, Spanish and many other languages.

All contact with the hotline is free and confidential.

March is National Colon Cancer Screening Awareness Month

Colon cancer is a leading cause of death in the United States. Doctors now know a lot about this disease—how this cancer grows and how it spreads. It may take many years for colon cancer to develop so screening for it is important. Doctors use screening as a tool to find cancer growths early, when they are the easiest to cure.

If you are age 50 or over, or have someone in your family who has had colon cancer, Gateway encourages you to talk with your doctor about a screening test and when you should have that test.

For more information on Colon Cancer Screening, please contact the **Preventive Health Department** (see back page).



Quick Dental Fact

Raisins are healthy for your mouth. They can help fight germs that can cause gum disease and cavities. Raisins also help to keep plaque from forming.

Tips for Better Dental Health

Here are some tips from our dental provider for taking better care of your teeth.

Select Snacks Wisely to Protect Your Teeth

The National Institutes of Health reported that the average American eats about 147 pounds of sugar a year. That's a lot of sugar! Sugary treats taste good, but they aren't so good for your teeth. The candies, cakes, cookies, and other treats that we love to eat can cause tooth decay. No wonder the average 17-year-old in this country has more than three decayed teeth.

People who consume sugary foods eat many kinds of sugar every day, including table sugar and corn sweeteners. Starchy snacks such as

chips and cookies can also break down into sugars once they're in your mouth.

So, what can we do to limit the amount of sugar our families eat?

- Choose sugary foods less often.
- Eat fresh fruit or sugar-free snacks instead of sweets.
- Brush your teeth with fluoride toothpaste after snacks and meals.
- Drink water instead of soda and juices, which are high in sugar.
- Chew only sugar-free gum.

Brush the Right Way

You know that you need to brush your teeth after snacks and meals. But did you know that there's a "right way" to brush?

- Choose a toothbrush (accepted by the American Dental Association) that has polished bristles, which are less likely to injure gum tissues.
- Use a soft-bristled toothbrush with a size and shape that allows you to reach all tooth surfaces.
- Move your toothbrush in small, toothwide circles.
- Slant your toothbrush where the teeth meet the gums, trying to get the bristle tips just under the gumline.
- Brush the outer, inner, and chewing areas of teeth.
- Brush your tongue (as far back as you can) to remove germs and freshen your breath.
- Remember to floss everyday.

Be Good to Yourself During Mammogram Days

Gateway Health Plan members living in Dauphin and Perry Counties have a healthy event to look forward to this spring. Women age 50 and older can take part in "Mammogram Days," a special series of mammogram screenings to be held on Fridays, from late April through the end of May.

The mammography screenings will be held at Pinnacle Radiology sites. **You must sign up ahead of time** by calling Central Scheduling at 717-782-4760 and mentioning "Mammogram Days." The first 50 women to sign up and complete their mammography screening will receive a special goodie bag.

When you call to sign up, you will need:

1. Your Gateway Health Plan insurance card.
2. Your Social Security number, date of birth, address, and phone number.
3. The name and phone number of your primary care physician (PCP) or gynecologist.
4. If you've had a mammogram before, please have the name of the place where you had it done.
5. Your calendar, a pencil, and paper (to make a note of your appointment date and time).



Prenatal Care is Important

If you are pregnant (or plan to be in the near future), make an appointment with your obstetrician (OB doctor) to discuss your health and the health of your baby.

Now is the time to start taking special care of you and your baby. It is important to keep all of your appointments. If you miss an appointment, call your doctor to reschedule. Do not wait until your next visit. You do not need a referral to see this doctor.

Your OB doctor will provide special care for you and your baby—and ask you to follow some care instructions—depending on how far along you are in your pregnancy. See the chart.



During the First Trimester (Months 1 through 3)	
<p>Your doctor may:</p> <ul style="list-style-type: none"> • Give you a prescription for prenatal vitamins. • Ask questions about your health and family history. • Check your weight and blood pressure. • Order lab tests and ask for a urine sample. • Give you information on how to keep you and your baby healthy. • Check you and your baby for growth and development every four weeks. • Order more lab work and want to see you more often, depending on your risk factors. • Offer you the flu vaccine during flu season. 	<p>You should:</p> <ul style="list-style-type: none"> • Keep all your prenatal appointments. • Review the information your doctor provides. • Make sure you complete all ordered tests and lab work.
During the Second Trimester (Months 4 through 6)	
<p>Your doctor may:</p> <ul style="list-style-type: none"> • Continue to see you every four weeks. • Check your weight and blood pressure. • Listen to the baby's heartbeat. • Ask for a urine sample and order other tests to screen for infection as needed. • Check you for diabetes. • Order an ultrasound, a painless test that lets the doctor and you see your baby. • Offer you the flu vaccine during flu season. 	<p>You should:</p> <ul style="list-style-type: none"> • Keep all your prenatal appointments. • If you become constipated, ask your doctor before taking any laxatives. • If you have problems with heartburn, try eating 4-5 small meals a day.
During the Last Trimester (Months 7 through 9)	
<p>Your doctor may:</p> <ul style="list-style-type: none"> • Want to see you every 2-3 weeks, then every week in the ninth month. • Check your weight and blood pressure. • Check you for diabetes. • Offer you the flu vaccine during flu season. • Check your urine or do other tests to look for infection as needed. • Talk to you about signs of early labor. 	<p>You should:</p> <ul style="list-style-type: none"> • Keep all your prenatal appointments. • Call your doctor <i>once</i> if you have bleeding, cramping, low back pain or pressure, or your water breaks. • Take childbirth, breastfeeding, and parenting classes (even if you have had them before). • Make plans for support during your labor and delivery. • Plan for the care of other children during and after delivery if needed.
After Your Baby is Born	
<p>Your doctor will:</p> <ul style="list-style-type: none"> • Want to see you in 3-8 weeks for a checkup called the <i>postpartum visit</i>. This visit is important because your doctor will want to make sure you are healing and feeling good after your delivery. Taking good care of yourself is important, so you can take good care of your baby. • Want you to let him know if you feel sad or down. Some women get sad or depressed after delivery. • Do a Pap smear. • Talk about family planning services and how to care for yourself. 	<p>You should:</p> <ul style="list-style-type: none"> • Schedule and keep your postpartum visit. • Tell you doctor if you feel sad or depressed after having the baby.

Gateway Health Plan has a program called MOM Matters. (See “A Look at Our Disease Management Programs” elsewhere in this newsletter.) This program has nurses with special training who can help you with questions or concerns you have about your pregnancy. They can help with referrals you may need to community services. These nurses are available Monday through Friday, 8:30 AM to 4:30 PM, by calling 1-800-642-3550 and pressing Option #2.

Help Yourself Get the Best, Safest Care Possible

Let your primary care physician's (PCP) office know if you are seeing any other doctors. This includes obstetricians, gynecologists, family planning, dentists, behavioral health providers (such as psychiatrists and psychologists), chiropractors, eye doctors, and other healthcare specialists. Ask any specialists you see to let your PCP know what kind of care and medicines they have given to you.

Make sure all the doctors/providers you see know about all of the medical problems you have. Also, carry a list of your medicines in your purse or wallet all the time so you'll be able to tell your providers about all the medicines you take. This includes any over-the-counter medicines you may take.



We Offer No Incentives

Gateway does not reward or pay extra money to our doctors or nurses for denying care or services or for making it hard for you to get any needed service or care. All of Gateway's decisions for payment are based on your need for the type of care or service and whether it is a covered benefit.

A Look at Our Disease Management Programs

Gateway offers four special programs to help you better manage specific health conditions, as described on these pages. If you have questions about any of these programs or would like to join them, see the contact information on the back page.

“AIR” Gateway (Asthma Program)

Program Description:

Gateway has a program for members ages 2-56 with asthma called “AIR” Gateway. This program will help you understand how to take care of your asthma. Your asthma can be managed and should not be stopping you from doing things you like to do. This program has nurses who call you and are available Monday through Friday from 8:30 AM to 4:30 PM to help you with your asthma. The nurses will help you understand your asthma medicine, peak flow monitoring, and asthma action plans. The nurses will help to make sure you see your doctor so you are getting the care you need. This will make it easier for you to do things that you enjoy. You will also receive information on asthma in the mail.

Quick Care Reminders:

- Take the medicine your doctor has given you—even when you feel good. This medicine is called your *long-term control medicine*.
- The quick-relief medicine helps you when you are having difficulty breathing. **These medicines should not be used everyday.** If you are using them everyday, **call your doctor.**
- Visit your doctor at least twice a year. Your doctor needs to see you to make sure your breathing is good so you can do things you want to do.

Help Your Heart (Cardiac Program)

Program Description:

If you are a Gateway member age 21 or older who has heart failure, or had a heart attack, stents, or bypass surgery, you might like to join the Help Your Heart Program. This program helps you understand how to take care of your heart so you can live a healthy life. This program has nurses who call you during the week between 8:30 AM and 4:30 PM. The nurses will help you understand what has happened to your heart. They will teach you about a proper diet, exercise, and how to take your medicines. They will also teach you the warning signs that mean you might be headed for some trouble.

Quick Care Reminders:

- Take your medicine the way your doctor ordered. If you can't, call your doctor's office and tell them. Wait to hear from your doctor's office before you stop taking your pills.
- Some heart pills have to be stopped over several days. Don't just stop taking any of your pills. You can have complications if you do.
- Make sure you visit your doctor at least twice a year for a check up. If you are admitted to the hospital, make an appointment to see your doctor within 2 weeks after discharge.

Healthy Returns (Diabetes Program)

Program Description:

If you are a Gateway member with diabetes, you might want to join the Healthy Returns Diabetes Program. Diabetes is a sneaky disease because it can cause problems for your heart, eyes, kidneys, and circulation before you even know it. The diabetes program at Gateway will help you gain control of your blood sugar. The program also teaches you what symptoms to look for. The nurses talk with you about the simple blood and urine tests you need to “catch” some of the problems *before* you even know they exist!

The program’s nurses are available all day long, 7 days a week. Dieticians and pharmacists are available to talk to you about your diet and medicines Monday through Friday, between 8:30 AM and 4:30 PM.

Quick Care Reminders:

- Take your blood sugar readings the way your doctor ordered them.
- Make sure you get these tests at least every year and more often if the doctor tells you to: HbA1c, LDL-c, and a urine test. These will help to show kidney or heart problems.
- Go to your eye doctor and tell them you are a diabetic. You need a retinal eye exam at least every year. Your doctor can tell if diabetes is damaging your eyes during this test. Glasses cannot fix all eye problems caused by diabetes.

MOM Matters™ (Pregnancy Care Program)

Program Description:

Gateway Health Plan has a program for pregnant women called MOM Matters™. Through this program, you will get information through the mail on pregnancy care and care of your baby. Nurses with special training can answer your questions about your pregnancy or medical care. They can also help make referrals to community services you need, arrange transportation for your doctor visits, and arrange for a home visit from a nurse before and after your baby is born, as needed. They can also assist you with getting equipment such as breast pumps, and provide nutritional support for breast- or bottle-feeding. These nurses are available by phone Monday through Friday between 8:30 AM and 4:30 PM.

Quick Care Reminders:

- Keep *all* of your appointments. If you are unable to keep an appointment, reschedule your visit. You **do not** need a referral.
- Take the prenatal vitamins prescribed by your doctor.
- Avoid alcohol, cigarettes, and drugs. Secondhand smoke can harm you and your unborn child. Get help to quit smoking by calling Pennsylvania’s Quitline at 1-877-724-1090.
- Never take any medicines without checking with your doctor first. This includes prescription medications and over-the-counter medications like aspirin, Tylenol, ibuprofen, and cough syrup.
- Eat 3 meals a day. Choose healthy foods like fruit, meat, milk, vegetables, breads, and cereals.
- Help your baby develop as healthy as possible by avoiding foods like coffee, soda (pop), fast foods, candy, and doughnuts.
- Drink at least 6 to 8 glasses of water every day. Juice and milk are also healthy choices.
- Visit your dentist regularly before the baby is born. If you do not take good care of your teeth and gums, you may get an infection that could start premature labor.
- Wear your seat belt and shoulder belt when you are traveling. The lap portion should be low under your belly and across your hips.

Cold Weather Precautions for Diabetics



When the weather forecast is calling for late-winter cold and snow, those with diabetes in particular need to pay close attention. If you have diabetes, it's important that you know what precautions to take:

1. Make sure that you have at least a one-week supply of pills and diabetic supplies in case you cannot get out.
2. If you have diabetes and heart disease, stay inside and avoid heavy activity such as snow shoveling.
3. Dress in warm layers when you go outside. Several loose-fitting layers make you warmer than big, bulky clothes.
4. Wear insulated boots. Since diabetics lose sensation in their feet, they don't feel the cold and are more prone to frostbite.

Watch for these signs of frostbite:

- Loss of feeling
- White or pale appearance in fingers, toes, nose, and ear lobes.

If frostbite is suspected, begin warming the person slowly and call for immediate medical attention. To warm a person, put the person in dry clothing and wrap their entire body in dry blankets until help comes. Do not put them in a hot bath!

Diabetics with asthma and heart disease should even take extra precautions in cold weather:

- Diabetics with heart disease are at greater risk for heart problems. Stay inside and avoid strenuous activity such as snow shoveling.
- Cold weather can "trigger" asthma. Try to remain inside but if you must go out, cover your nose and mouth with a scarf or facemask. Make sure you have your inhaler with you. You should also avoid strenuous activity to lessen your risk of an asthma attack.

If you have concerns about your diabetes, don't hesitate to discuss it with the experts in our **Healthy Returns Diabetes Program** (see back page).

No Pharmacy Benefits? You Can Still Get the Medicines You Need

It's Gateway's job to help manage your Medicaid benefits. Sometimes that includes medicines; sometimes it doesn't. The benefits you are eligible for are determined by medical assistance requirements.

If you don't have pharmacy benefits, talk to your doctor and ask for help in getting the medicines you need. The doctor's office may:

- Have samples they can give you free of charge.
- Be able to order a less expensive medicine that will work just as well.
- Be able to get you into a program from the maker of the medicine.

They can't help you if they don't know there's a problem.

There are other programs that might be able to help:

- The Medicine Program (1-866-694-3893) provides medicines for \$5 per medicine if you qualify.
- Partnership for Prescription Assistance Pennsylvania (1-888-477-2669) helps older adults who qualify.
- Together RX Access (1-800 444-4106) is for older adults who qualify.
- Free Medicine Foundation (1-800-939-7894) helps people get medicines for free through the drug companies' programs.

If you have any questions or need help, call the **Gateway's Special Needs Unit** (see back page).



Questions and Answers About Generic Drugs

What is a generic drug?

It is a medicine a drug company develops that is the same as a brand-name drug in safety, dose, the way it is taken, quality, and how it is to be used. Although it is chemically the same as its brand-name counterpart, it usually costs much less.

What is generic substitution?

It is using the generic drug in the same dose and form in place of the brand-name drug.

How do you know the generic product is the same?

The Food and Drug Administration (FDA) rates and approves generic drugs based on studies that show that they are the same.

If generic drugs are the same as brand name drugs, why do they look different?

In the United States, trademark laws do not allow generic drugs to

look the same as brand-name drugs. Things that do not change the way the drug works can be different, such as the color or flavor.

Do generic drugs take longer to work in the body?

No, they work in the same way and in the same amount of time as brand-name drugs.

Why might my doctor prescribe generic drugs for me?

Gateway requires that generic drugs be used when one that is the same as a brand-name drug is available.

Why do generic drugs cost less?

Generic drugs cost less because generic companies do not have the same initial costs as the maker of a new brand-name drug.

Does every brand-name drug have a generic?

No. New brand-name drugs can't be copied as generics for 20 years to give the drug company that made the brand-name drug time to recover the initial costs of research, developing, and marketing the new drug.

What percentage of all prescriptions filled today are filled with a generic drug?

Almost one-half of all prescriptions are filled with a generic drug.



Changes in Benefits?

Gateway frequently receives calls from members because they are no longer receiving the same healthcare benefits. These types of changes are based on specific medical assistance benefit rules. You should discuss these changes with your caseworker.

When Should My Child Be Tested For Lead Poisoning?

Children should be tested for lead poisoning by age 1 and age 2 as part of their regular checkups or sick visits. All children under age 6 are at risk for lead poisoning if they spend time in old homes with chipping or peeling paint.

Lead is a poison. When eaten or inhaled, it is easily absorbed by the body. Children can be hurt by lead and may not look or act sick for years until a large amount has entered the body.

The common signs of lead poisoning are:

- Learning problems
- Difficulty concentrating
- Anemia
- Hearing loss
- Stomach aches
- Headache.

The best way to find out if your child is poisoned by lead is to have him or her tested. The test is called lead screening, and it measures the level of lead in your child's blood.

What can you do to prevent lead poisoning?

1. Have your child (or children) tested by age 1 and by age 2.
2. Have your child (or children) tested between ages 2 and 6 if they have been exposed to lead. (Check with your doctor about this.)
3. Check for areas where old paint may be chipping or peeling and remove it.
4. Wet down old paint before you sand it to control lead dust.
5. Wash your child's toys before play and wash hands before meals.

To learn more about how to protect children from lead poisoning, please call the National Lead Information Center toll free at 1-800-424-LEAD (5323) or visit these websites:

- U.S. Environmental Protection Agency - www.epa.gov/lead
- U.S. Department of Housing and Urban Development - www.hud.gov/offices/lead/

Remember your child needs to be tested for lead before age 1 and age 2. There is no cost to you for the test. If you need help to schedule an appointment, please call Gateway's Preventive Health Department (see back page).



Emergency Room Visits

Your primary care physician (PCP) should be the first contact for most of your healthcare needs. The emergency room (ER) should be used only for emergencies or if your PCP refers you to the ER for emergency healthcare.

Your PCP's office has a doctor available to you 24 hours a day, every day. If you aren't feeling well and the office is closed, call the office phone number. An answering service will reach a doctor for you. This doctor may tell you to go to the ER, or tell you to call the office in the morning to be seen.

Unless it is a true emergency—such as chest pain, difficulty breathing, seizures, possible broken bones, heavy bleeding, or a car accident—you should not go to the ER without this physician telling you to go there.

You and your PCP should work as a team to make sure that the care you get is right for you—and provided in the right place.



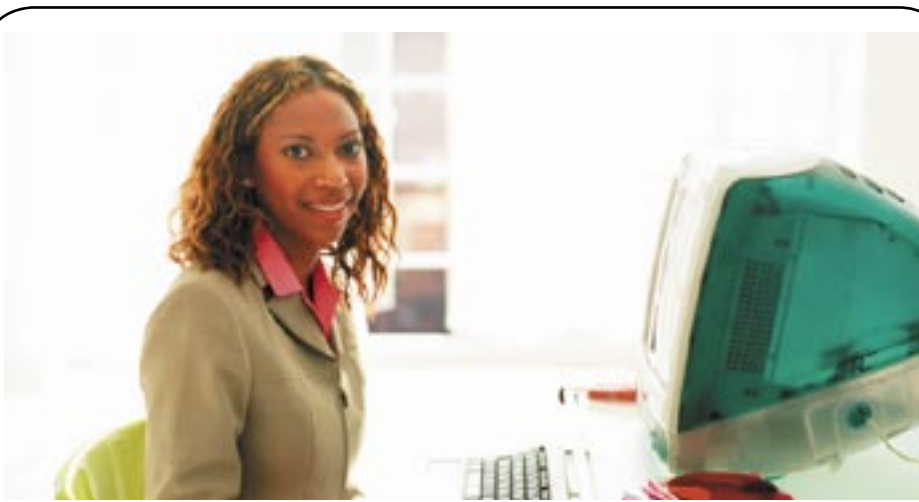
Be Part of Our Survey

The Consumer Assessment of Health Plans Survey (CAHPS) survey is a member satisfaction survey that asks for your opinion of Gateway. Some of Gateway's members will soon be receiving this survey in the mail.

The survey asks you specific questions, and you will also have the chance to write your comments.

Gateway will not know the names of the members included in the survey. Gateway will see all responses but will not know which members they came from. For this reason, Gateway will not be able to answer any questions you ask or provide any information back to you directly.

If you are contacted, please complete the survey. This is one of the ways that Gateway will know what we are doing well and those areas where we need to improve. Thank you for your help.



Scheduling and Canceling Appointments

It is important for your PCP to know you and for you to feel comfortable with your doctor. When you choose a new PCP, be sure to make an appointment at the office right away. Help your PCP put a face with your name, and be sure your PCP knows you.

That way, your PCP will:

- Know about you and your family's medical history
- Keep track of your prescriptions
- Provide needed annual testing and physical exams
- Refer you to specialists, as needed
- Answer any medical questions you may have.

It is also important to keep your appointments. If you are not able to keep an appointment, please let the office know in plenty of time. Ask the receptionist how far in advance you need to call to cancel—24 to 48 hours? By canceling in time, you allow someone else to be seen and can avoid possibly getting charged fees for missed appointments. Reschedule your appointment when you call to cancel to make sure you will be seen as soon as possible.

Do You Have a Living Will?

Do you know what a living will (also known as an advance directive) is? And why it's important to have one?

A living will is a form that tells your primary care physician (PCP) and your family what medical care you would like done or not done if you can't make that decision for yourself. This would include tube feedings, breathing machines, pumping on your chest if your heart stops, and other life-saving measures. A living will may seem like something that you don't need to think about, especially if you are young.

If you're not sure what is best for you, talk to your doctor about a living will at your next office visit. A sudden, serious accident, injury, or health problem might make it impossible for you to let your doctors and family know what kind of medical care you want.

There is no charge to fill out this form. However, you will need to sign it in front of a witness. Your PCP and hospital should make copies that they can keep with your medical record.

When Do I Need a Referral?

You need a referral to get some of the services ordered by your doctor. You can get these services only when your doctor gives you a referral or when you use one of Gateway's approved providers. Some examples of when you need a referral are when you:

- Need to see a specialist
- Have special outpatient tests at a hospital, such as bone scans, sleep studies, and ultrasound services
- Have lab tests other than at an assigned lab
- Have radiation or chemotherapy.



Important Phone Numbers

www.gatewayhealthplan.com

For information or paper copies of forms or other information, call the area listed below to speak with our staff. Information on the Disease Management and Special Needs areas, and the Member Rights and Responsibilities can be accessed on our website, www.gatewayhealthplan.com. Click on the name of your plan, then “Members”.

Resource	Phone Number
Gateway Resources	
Gateway Member Services	Toll Free 1-800-392-1147
Gateway Pharmacy Member Services	Toll Free 1-800-392-1147
Gateway Preventive Health	Toll Free 1-800-642-3550, Option 4
Gateway Outreach Staff	Toll Free 1-800-642-3550, Option 4
Gateway Community Development Department	(412) 255-7138
Disease Management Programs:	
Mom Matters Program	Toll Free 1-800-642-3550, Option 2
Healthy Returns Diabetes Program	Toll Free 1-866-366-9415
“AIR” Gateway Asthma Program and Help Your Heart	Toll Free 1-800-642-3550, Option 3
Gateway Special Needs	Toll Free 1-800-642-3550, Option 1
Outside Resources	
Pennsylvania Quitline (Stop Smoking)	Toll Free 1-877-724-1090
National Domestic Violence Hotline	Toll Free 1-800-799-7233
ATT Operator for Deaf Members (TTY/TDD)	Toll Free 1-800-654-5988
Center for Disease Control National AIDS Hotline	Toll Free 1-800-342-2437



Gateway to Health
MEMBER NEWSLETTER

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