Happy, healthy new year!

New Year’s resolutions can be hard to stick to. We’re here to help you follow your wellness plan all year long. The chart below lists some recommended visits and screenings.

<table>
<thead>
<tr>
<th>Group</th>
<th>Recommendations</th>
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<tbody>
<tr>
<td>Pregnant women</td>
<td>- Go to regular prenatal health care visits</td>
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<tr>
<td>New moms</td>
<td>- Have a postpartum checkup between 21 and 56 days after giving birth</td>
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<td>- Have a separate follow-up visit with my surgeon if I had a C-section</td>
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<td>Children 12 to 24 months old</td>
<td>- Go to well-child checkups at 12, 18 and 24 months</td>
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<td>- Get immunizations, or shots, as recommended by my child’s doctor</td>
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<td>Children 3 to 17 years old</td>
<td>- Have a well-child checkup that includes a weight check and an assessment of nutrition and physical activity</td>
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<tr>
<td>Tweens and teens 11 to 13 years old</td>
<td>- Get Tdap, HPV and MCV4 vaccinations</td>
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<tr>
<td>Women 21 to 49 years old</td>
<td>- Have a well-woman checkup</td>
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<tr>
<td>Women 50 to 74 years old</td>
<td>- Have a well-woman checkup and a mammogram</td>
</tr>
<tr>
<td>Men 21 to 65 years old</td>
<td>- Have a wellness checkup</td>
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</tbody>
</table>

Source: Centers for Disease Control and Prevention, cdc.gov.

If you are living with:

- **Asthma** — Keep your asthma action plan on track by having an asthma checkup and getting a controller medication refill.
- **Diabetes** — Stay in control of your health by getting a diabetes wellness visit and eye exam.
- **Hypertension** — Help maintain your blood pressure by getting it checked regularly.

Wisconsin MyHealth Flier
Inside this flier, you’ll find important information about the health plan and tips for healthy living.

Thank you for letting us be your partner for a healthier life.
**Member Questions**

Where can you go when you have questions about our health plan?

Here are three easy places to get the answers you are looking for:

1. Go online to [www.anthem.com/wimedicaid](http://www.anthem.com/wimedicaid)
2. Look in your Member Handbook
3. Call Member Services at 1-855-690-7800 (TTY 711)

Just choose one of the steps above to access information on:

- Your benefits with a list of covered and noncovered services, including those received outside the health plan service area.
- What to do when you are outside of the plan’s service area.
- How to find out if there are any charges that you are responsible for.
- How to find a primary care provider (PCP), specialist, behavioral health provider or hospital in the Anthem Blue Cross and Blue Shield network.
- How to see your PCP and get care.
- How to get care after normal office hours.
- How to obtain emergency care. If your condition is life-threatening and you need medical attention right away, call 911 or go to the ER.
- The process and forms needed for filing a complaint or appealing a decision.
- How to talk to someone in a language other than English.
- Free case management services to help you manage a serious health condition. You or your caregiver can self-refer or your doctor can refer you.
- How we stay on top of new medical treatments and procedures and update or create new health policies as needed.

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**Recipe corner:**

**Banana Oat Cookies**

**INGREDIENTS**
- 1 cup banana, mashed (use overripe banana)
- 1 cup quick oats
- 1/2 cup yogurt, low-fat plain
- 1/4 cup water
- Raisins (1/2 cup, optional)
- Sunflower seeds (1/2 cup, optional)
- Spices (to taste, optional)

**DIRECTIONS**
1. Wash hands, make sure utensils and counter top are clean.
2. Mash bananas, mix with yogurt and water.
3. Add quick (not instant) oats. Mix well.
4. Add optional add-ins if you wish. Keep them minimal.
5. Add spices, to taste (optional).
6. The batter should be thick and easily spoonable.
7. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
8. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

**Source:** [https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-oat-cookies](https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-oat-cookies)

**Makes:** 25 small cookies

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**Keeping your benefits**

It can be stressful when you or someone you love becomes sick or gets hurt. Keeping your insurance benefits up-to-date means you can focus on healing.

**It's easy to renew your insurance.** If you have BadgerCare Plus, your benefits need to be renewed once a year. You can renew online at [access.wisconsin.gov](http://access.wisconsin.gov) or call ForwardHealth Member Services at 1-800-362-3002.

If you get SSI benefits, the steps for renewal are different. Your medical condition will be reviewed from time to time to make sure you still qualify for benefits. When it’s time for a review, you’ll get a letter in the mail asking you to visit your Social Security office.