Prepare now to stay healthy during flu season

Influenza, also known as the flu, can make you feel terrible. But there are things you can do now to help keep the flu away.

Some basic tips:
- Get your flu vaccine, or shot, each year.
- Wash your hands often.
- Stay away from people who have the flu.
- Eat more foods like fruits and vegetables, which can help protect you from the flu.
- Drink more water.
- Get more rest.

When should you get a flu shot? Even though the flu season usually peaks in January or later, try to get a flu shot as soon as the vaccine becomes available — before the flu season even begins and reaches your community. This will give your body time to develop the antibodies needed to protect against the flu.

Where can you get a flu shot or more information?
- Your primary care provider (PCP) or case manager
- Any of our network of pharmacies if you’re age 21 or older
- Your local health department

How active is the flu in your state or city? Visit cdc.gov/flu/weekly for more details.

The Centers for Disease Control and Prevention (CDC) recommends everyone 6 months and older, especially those at high risk of serious complications from the flu, get a flu shot every year. And if you’re age 65 or older, the CDC suggests getting a pneumonia vaccine as well.
What questions do you have about getting your child vaccinated?

Shots, or vaccines, help protect children from serious diseases. Getting them on time helps keep your child healthy and safe.

Q: What is the connection between vaccines and autism?
A: There is no link between vaccines and autism. Scientific studies show that vaccines and their ingredients don’t cause autism.

Q: What are some of the common side effects of vaccines?
A: Common side effects include:
- Soreness or tenderness where the vaccine was given.
- Low-grade fever.
- Tiredness.
- Fussiness.

To learn more about vaccines and childhood immunizations, visit https://www.cdc.gov/vaccines/parents/parent-questions.html.

Q: Which are more dangerous: vaccines or the diseases they protect against?
A: Vaccines are much safer than the diseases they prevent. Not vaccinating could put your child – and their friends and classmates – at risk for serious or deadly diseases. Vaccines are thoroughly tested and monitored, both before and after they’re approved.

Q: Is it safe for a child to get multiple vaccines in one day?
A: Yes. Babies’ and young children’s immune systems are still developing, so they have a higher risk of catching serious diseases if they’re not vaccinated. Getting multiple vaccines at one time helps protect babies and children from diseases quickly.

Some vaccines are even combined into a single shot, which means fewer office visits and less stress for kids and parents.

One out of every eight women in the United States will develop breast cancer in her lifetime.

The best way to protect yourself is to get preventive screenings. A mammogram is an X-ray of the breast that can help catch breast cancer early when it is most treatable.

How do I know if it is time for me to get a mammogram?
If you’re a woman, age 50 or older, and it has been two years or more since your last mammogram, call your health care provider today.

How much do you know about breast cancer prevention?
- I know how and where to get a mammogram.
- I won’t let fear or being too busy keep me from getting a mammogram.
- I know my risk factors and my family history as it relates to breast cancer.

You may be eligible to earn $25 in Healthy Rewards for getting your mammogram. Visit mss.anthem.com/healthyrewards or call 1-877-868-2004 (TTY 711) for more details.

Did you put a check next to each box? If not, we are here to help. Just give us a call at 1-855-690-7800 (TTY 711) Monday through Friday from 8 a.m. to 6 p.m. for information and support.
Knowing about our quality improvement program

You may call Member Services to request details about the Quality Improvement (QI) program and progress reports on our efforts to meet our improvement goals.

This program is designed to:

- Evaluate our health plan so we can improve it.
- Track how happy you are with your doctor (PCP).
- Track how happy you are with us.
- Use what we learn to make a plan to improve our services.
- Put our plan into action to make your health care services better.

To get this information, call Member Services at 1-855-690-7800 (TTY 711) and request information about our Quality Improvement (QI) program.

Making decisions on care and services

Sometimes we need to make decisions about how we cover care and services. This is called Utilization Management (UM). Our UM process is based on the standards of the National Committee for Quality Assurance (NCQA). All UM decisions are based on medical needs and current benefits only. We do this for the best possible health outcomes for our members. We also don’t tell or encourage providers to underuse services. And we don’t create barriers to getting health care. Providers do not get any reward for limiting or denying care. And when we decide to hire, promote or fire providers or staff, we don’t base it on that they might or we think they might deny or would be likely to deny benefits.

To learn more about UM or a case, call us toll free from 8 a.m. to 6 p.m. weekdays, except holidays, at 1-855-690-7800 (TTY 711). If you call at any other time, you can leave a private message. Our staff will return your call on the next business day during the hours above. Or you can ask that someone call you back at a different time. Any staff members who call you about a UM issue will give you their name, title and name of the company.

Our Notice of Privacy Practices

This type of notice explains how medical information about you may be used and disclosed by Anthem Blue Cross and Blue Shield. It also tells you how to access this information. The notice follows the privacy regulations set by the Health Insurance Portability and Accountability Act (HIPAA). If you would like a copy of our Notice of Privacy Practices, please call Member Services at the phone number listed on your ID card or go online to www.anthem.com/wimediaid.
If you, or someone you’re helping, has questions about Anthem Blue Cross and Blue Shield, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-855-690-7800 (TTY 711).

ENGLISH

If you, or someone you’re helping, has questions about Anthem Blue Cross and Blue Shield, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 1-855-690-7800 (TTY 711).

SPANISH

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Anthem Blue Cross and Blue Shield, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-855-690-7800 (TTY 711).

FRENCH

Si vous ou une personne que vous aidez avez des questions sur Anthem Blue Cross and Blue Shield, vous pouvez recevoir de l’aide et des informations dans votre langue à titre gratuit. Pour parler à un interprète, appelez le 1-855-690-7800 (TTY 711).

RUSSIAN

Если у Вас или у того, кому Вы помогаете, появятся вопросы о Anthem Blue Cross and Blue Shield, у Вас есть право бесплатно получать помощь и информацию на Вашем языке. Чтобы поговорить с переводчиком, позвоните 1-855-690-7800 (TTY 711).

CHINESE

如果您或您幫助的人有關於 Anthem Blue Cross and Blue Shield 的問題，您有權利免費取得您所使用語言的幫助和資訊。如需口譯員服務，請致電 1-855-690-7800 (TTY 711).

KOREAN

이용세계, 사용자 또는 사용자에게 사용자에 대한 문제 암스테디언 블루 크로스 앤 블루 쉴드의에 대한 질문이 있는 경우에 당신은 무료로 이용할 수 있습니다. 연락처를 위해 1-855-690-7800 (TTY 711)를 전화하십시오.

ARABIC

إذا كنت لديك، أو لديك شخص تقدم مساعدته أي أسئلة حول Anthem Blue Cross and Blue Shield ، في الحصول على المساعدة، أتصل على 1-855-690-7800 (TTY 711).
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.

www.anthem.com/wimedicaid
1-855-690-7800 (TTY 711)