

## Keeping kids active indoors during winter



**Winter means colder weather and more time inside.** That can make it harder to make sure kids get the exercise they need to stay healthy. This winter, try these ideas for keeping kids moving and having fun during the winter months:

- **Build an obstacle course inside.** Use household items to encourage kids to crawl, jump, and move.
- **Turn commercial time into exercise time.** Have kids get up and do jumping jacks or another exercise during commercials.
- **Have small dance parties throughout the day.** Put on a favorite song and encourage kids to dance around the room.
- **Try the Cosmic Kids YouTube channel** <https://www.youtube.com/user/cosmickidsyoga>. The channel has free yoga workouts just for kids.
- **Send your kids on a scavenger hunt to find different items in your house.** Then, make them race to put it all back.

**Member Services, Monday through Friday from 8 a.m. to 5 p.m. local time, and 24/7 NurseLine: 855-690-7800 (TTY 711)**



## Extra benefits to help you get and stay healthy into the new year

### Jumpstart your health this new year with these no-cost extra benefits:

Health videos and nutrition tips at your fingertips with ChooseHealthy



The Anthem Medicaid mobile app to help you find a doctor, check your symptoms, and view your member ID card



A blood pressure cuff to help manage certain health conditions



Rewards for health screenings, doctor visits, and more with Healthy Rewards



WW® (formerly Weight Watchers) workshops and e-tools



Prenatal, delivery, and postpartum support for pregnant women with New Baby, New Life



We also offer these **no-cost extras** to help improve your day-to-day:

- **A cellphone with free data**, talk, texts, and unlimited calls to Member Services to stay connected to your health
- **Anthem Community Resource Link** to help you find free or low-cost services for food, jobs, housing and education near you
- **Baby essentials catalog** with items like a car seat or portable crib for pregnant women
- **Free GED testing**
- **Fruits and vegetables** delivered directly to your home
- **Personal care items**, such as shampoo and deodorant

You can redeem some benefits online through your [secure account](#). Log in to your account and visit the Benefit Reward Hub to see what benefits you're eligible for. **You can also call Member Services at 855-690-7800 (TTY 711) Monday to Friday from 8 a.m. to 5 p.m. local time.**

# Managing stress



**Managing stress is an important part of staying healthy.** Long-term stress can play a part in serious health conditions, like:

- Heart disease
- Digestive problems
- Asthma
- Anxiety or depression

Finding ways to cope with stress that work for you is important for your overall health. Try these tips for managing stress:

- Breathe deeply, meditate, or do yoga to help you relax.
- Eat healthy meals.
- Get plenty of sleep.
- Start exercising.
- Talk with friends or loved ones.
- Make time for activities you enjoy.

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**Sources:** National Institute of Mental Health website, [nimh.nih.gov](http://nimh.nih.gov)  
American Heart Association website, [heart.org](http://heart.org)  
American Psychological Association website, [apa.org](http://apa.org)

# Flu shot



Getting a flu shot each year helps protect you and those you love from getting sick. As our member, you can get a flu shot for free when you visit a plan pharmacy or local doctor's office.

**Protect yourself from the flu.** Visit [anthem.com/wisconsin](http://anthem.com/wisconsin) to find a plan pharmacy or provider near you.



# Diabetes and A1c control

**A1c is a blood test that shows your average blood sugar level over the past three months. For most adults with diabetes, the goal is to have an A1c that is less than 7%.**

**If you're living with diabetes, try these tips to help keep your blood sugar under control:**

- Learn how and when to test your blood sugar level.
- Download a blood sugar tracking app to help track your levels.
- Write down your blood sugar level each time you test it.
- Prepare for low blood sugar symptoms by keeping glucose tabs, gels, or hard candies.

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**Source:** American Diabetes Association, [diabetes.org](http://diabetes.org)

# Yearly checkup

A visit with your primary care provider (PCP) once a year can benefit your health. It's called a wellness checkup. During the visit, you will likely go over your medical history, have a physical exam, and talk with your doctor about topics like:

- Diet and exercise
- Mental health and well-being
- Dental health
- Family planning
- Drug, alcohol, and tobacco use



If you're ready for your checkup, we can help you schedule your visit or find a primary care provider near you. Just call Member Services at 855-690-7800 (TTY 711).

Source: Centers for Disease Control and Prevention, [cdc.gov](https://www.cdc.gov)

## Manage your health from your mobile device

These free mobile apps allow you to take charge of your healthcare and benefits.

### MyACCESS app

lets you:

- Get renewal reminders.
- Connect to your BadgerCare Plus benefits.
- Check your application status.
- Submit documents.

### ebtEDGE app

If you have SNAP benefits, you can use this app to check your FoodShare (EBT) QUEST card balance and find eligible stores and farmers markets near you.

### Anthem Medicaid app

lets you:

- Access your member ID card anytime.
- Find a doctor or pharmacy near you.
- Call a nurse for answers to your health questions, 24/7.



All of these are available on the App Store® or Google Play™.



### Opt-in to text messaging

Great news — soon, Anthem members will be able to opt-in to get health information and reminders via text message and email. We'll let you know when this option is available to you.

## Communicating with you is important

For people with disabilities or who speak a language other than English, we offer these services at no cost to you:

- Qualified sign language interpreters
- Written materials in large print, audio, electronic, and other formats
- Help from qualified interpreters in the language you speak
- Written materials in the language you speak

To get these services, call Member Services at 855-690-7800 (TTY 711). Or you can call our Member Advocate at **262-523-2424**.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 855-690-7800 (TTY: 711).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo. Llame al 855-690-7800 (TTY: 711).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 855-690-7800 (TTY: 711).

CEEBOOM: Yog koj hais lus Hmoob, kev pab rau lwm yam lus muaj rau koj dawb xwb. Hu 855-690-7800 (TTY: 711).

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyagoo bilaash ah. Wac 855-690-7800 (TTY: 711).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 855-690-7800 (TTY: 711).

注意: 如果您说中文, 您可获得免费的语言协助服务。请致电 855-690-7800 (TTY 文字电话: 711)。

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 855-690-7800 (TTY: 711) တွင် ဖုန်းခေါ်ဆိုပါ။

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# Kid-friendly holiday snack recipe

## Reindeer celery snacks: A healthy holiday treat



### Reindeer celery snacks

#### Ingredients:

- The celery sticks, hold everything together.
- Peanut butter, acts as the glue to keep all the pieces stuck together.
- Pretzel twists, are cut in half to look like antlers.
- Candy eyes give these treats real personality! You can use store bought, or make your own vegan version!
- Raspberries on the end create a Rudolph the Red Nosed Reindeer look!

#### How to make reindeer celery snacks — step by step:

**Step 1:** Break pretzel twists in half to create the antlers.

**Step 2:** Cut celery into 3-4 inch sticks. Spread peanut butter in the center.

**Step 3:** Place broken pretzel twists on the top of the celery so that the circles are pointing towards the center. Gently press them into the peanut butter to make them stick.

**Step 4:** Place two candy eyes under the pretzel antlers, gently pressing them into the peanut butter so that they stick.

**Step 5:** Place raspberry at the bottom of the celery stick, gently pressing into the peanut butter to make it stick.



#### Source:

<https://www.keepingthepeas.com/reindeer-celery-snacks/>