

Quarter 3, 2021

MyHealth



How to renew your BadgerCare Plus benefits each year

Helping you keep your health benefits is our priority. Here is everything you need to know so your benefits do not lapse.

How to renew BadgerCare Plus

About one month before your yearly deadline, ForwardHealth will send you a letter asking you to renew. [Here are your renewal options:](#)



Online: You can visit access.wisconsin.gov to log in to your ACCESS account and sign up again.



By phone: You can reach ForwardHealth Member Services at 800-362-3002 (TTY 711), Monday through Friday from 7 a.m. to 6 p.m. local time.



In person: You can visit your local county or tribal income maintenance (IM) agency to renew in person.

To find a local IM agency, you can either:

- Visit dhs.wisconsin.gov/forwardhealth/imagency/index.htm.
- Call **800-362-3002**.

To make renewal easier, you can download the MyACCESS app from the App Store® or Google Play™. The app lets you submit proof documents and check the status of your renewal application.

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



Keeping your information current



If your information changes, you can update the state using the same information as the renewal instructions above. They need to know:

- If you move or your address changes.
- If your phone number changes.

That way, you will never miss important news, updates, or renewal deadlines.

Medicaid SSI renewals

If you receive Supplemental Security Income (SSI) payments, you automatically receive Medicaid and do not need to renew each year.

From time to time, the Social Security office will review your medical condition to make sure you still qualify for SSI benefits. When that happens, you will receive a letter in the mail asking you to visit your Social Security office for the review.

If you have any questions, call 800-772-1213 (TTY 800-325-0778) from 7 a.m. to 7 p.m. on weekdays.



We also offer these **no-cost extras:**



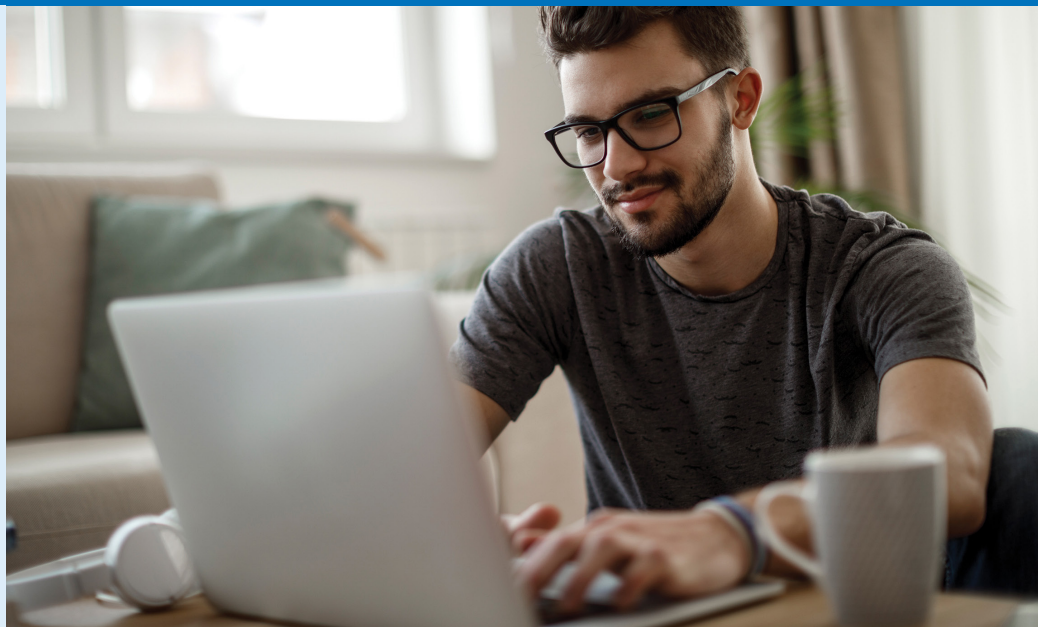
GED assistance — we'll cover the cost of the GED test for members age 18 years and up.



WW (formerly Weight Watchers®) — members 18 years and up can receive help losing weight and maintaining a healthy lifestyle with digital tools and vouchers to 13 wellness workshops.



ChooseHealthy™ (formerly FitnessCoach) — tools to help you stay fit, manage stress, and lose weight.



Help you need, close to home

Your health is about more than just doctor visits.

With Anthem Blue Cross and Blue Shield, you can receive benefits and services to help with the essentials in life. Visit our online Community Resource Link at anthem.com/wisconsin to find food, housing, transportation, and more. Just type in your ZIP code to start now.

As part of your Anthem plan, you also get these great, no-cost extra benefits:

- **Blood pressure cuff** — for members with hypertension, diabetes, coronary artery disease, or obesity.
- **Baby and Me bundle** — pregnant members who complete prenatal visits on time can choose one item from a catalog of essential items for their baby.
- **Fresh produce** — receive up to three boxes of fresh fruits and vegetables delivered to your home.
- **Self-care catalog** — eligible members can receive up to \$25 in personal hygiene and well-being items.

You can redeem some of these benefits through the online Benefit Reward Hub. Visit anthem.com/wisconsin and log in to your secure account to start now. You can also call Member Services at 855-690-7800 (TTY 711) Monday through Friday from 8 a.m. to 6 p.m. local time.



Well-child visits

A well-child visit is a check-up with the doctor when your child isn't sick. It's a chance for your child's doctor to make sure your child's growth and development is on track. It also gives you a chance to talk to your child's doctor about ways to keep your child healthy and safe, plus ask any questions you may have.

When to go for a well-child visit

To help keep your child healthy, take them for a wellness checkup and any needed immunizations (shots) at these ages:

- 1 month
- 2 months
- 4 months
- 6 months
- 12-15 months
- 15-18 months
- Every year from age 3 to 21

At a wellness checkup, you can expect the doctor to:

- Check your child's height, weight, hearing, and vision
- Ask about your child's health history, behavior, and development
- Perform a lead screening or blood test
- Look in your child's mouth, ears, nose, and throat

For help scheduling a visit, call Member Services at **855-690-7800 (TTY 711)** Monday through Friday from 8 a.m. to 5 p.m. local time.

Earn rewards for taking your child to wellness visits on time. Redeem these rewards with the online Benefit Reward Hub, or call The Healthy Rewards Customer Service Line at 888-990-8681 (TTY 711):

- \$25 for a well-child visit
- \$60 for a well-baby visit
- \$25 for childhood or adolescent immunizations (shots)



Manage your health

from your mobile device

These **free mobile apps** allow you to take charge of your health care and benefits.

MyACCESS app lets you:



- Receive 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.™



Healthy snack: Homemade Apple Chips from LifeIsPoppin.com*



Homemade Apple Chips

Ingredients

- Honeycrisp apples
- Ground cinnamon
- Sugar

Directions:

Preheat oven to 200°F. Line two large baking sheets with parchment paper or spray with nonstick cooking spray.

Wash apples well and thinly slice them. Spread the apple slices onto the baking pans in one layer. Sprinkle the apple slices lightly with cinnamon and sugar.

Bake for one hour, then flip the apples over and bake for another 1 - 1.5 hours. Turn the oven off and leave the apples inside as the oven cools down for about one hour. This helps make the slices crunchy. Take the apple slices out of the oven and enjoy.



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 the Member Services number on your ID card. Or you can call our Member Advocate at **1-262-523-2424**.

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).

CEEB TOOM: 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။