

Quarter 1, 2021

MyHealth



How to renew your BadgerCare Plus benefits each year

Helping you keep your health benefits is our priority. Although health benefit renewals have been postponed due to COVID-19, it's still important for you to review the steps to renew your benefits. That way, you won't lose your benefits once they begin again.

Keeping your information current is the most important step you can take right now to ensure you will receive important updates about your renewal deadlines.

If your information changes, you can update the state using the same information as the renewal instructions below.

They need to know:



If you move or your address changes.



If your phone number changes.



We want you to feel secure when it is time to renew your health plan benefits. To do that, remember to keep your contact information current with the state to stay informed about important news, updates, or renewal deadlines.

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

[anthem.com/wisconsin](https://www.anthem.com/wisconsin)

Here are the steps to renew your benefits



How to renew BadgerCare Plus

About one month before the date you need to renew your coverage, ForwardHealth will send you a reminder letter.

Here are your renewal options:



Online:

You can visit access.wisconsin.gov to log in to your MyACCESS 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:

- 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.

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.

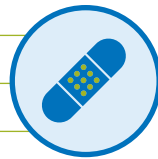
If you have questions, call 800-772-1213 (TTY 800-325-0778) from 7 a.m. to 7 p.m. on weekdays.

Child wellness checkups should occur each year

Yearly doctor visits are important — even when your child is not sick. These visits help doctors see how your child is growing and developing. At these visits, your child's doctor will also provide wellness tips and address health concerns. If your child has not had a lead screening, their doctor may want to check their blood lead levels as well. If you know your child was exposed to lead before, they should still have blood lead testing and follow-up care.

Your child's doctor might also give vaccines to help protect your child against potentially dangerous diseases. According to the Centers for Disease Control and Prevention (CDC), these diseases can be prevented by vaccines:

Disease	Name of vaccines to prevent the disease
Chickenpox	Varicella
Diphtheria	Tdap and Td: ages ≥ 7 yrs; DTaP: ages < 7 yrs
Hepatitis A	HepA
Hepatitis B	HepB
Hib	Hib
Human papillomavirus	HPV
Influenza	Flu
Measles	MMR
Meningococcal disease	MenACWY and MenB
Mumps	MMR
Pertussis (whooping cough)	Tdap: ages ≥ 7 yrs; DTaP: ages < 7 yrs
Polio	Polio
Pneumococcal disease	Pneumococcal
Rotavirus	RV
Rubella	MMR
Tetanus	Tdap and Td: ages ≥ 7 yrs; DTaP: ages < 7 yrs



Missing vaccines or receiving vaccines late can put your child at risk for serious illnesses. Talk with your child's doctor about how to keep them on schedule with these shots as well as their lead screenings. If your child has not had a checkup in the last 12 months, we recommend you call their doctor and make an appointment. Many doctor's offices are taking temperatures, regularly cleaning and disinfecting, requiring masks, and practicing social distancing to keep patients safe.

You also can ask their doctor about other options for care, including telehealth (visits by video or text). If you have questions about your or your child's health after hours, you can call 24/7 NurseLine at 855-690-7800 (TTY 711) anytime — day or night.

We're here to help you and your family stay healthy.

Rewards await!



You can earn Healthy Rewards for completing childhood/adolescent vaccines on time, and for completing lead screenings.

To learn more, call Healthy Rewards customer service at 888-990-8681 (TTY 711).

How to have a strong heart



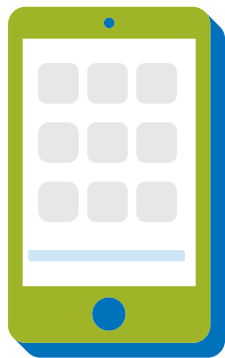
Although risk factors can vary from person to person, you can help lower your risk for heart disease and heart attacks by trying to live a healthier life.

Here are a few ways you can stay on top of your heart health:

- **Learn** about heart disease risks. You can visit nhlbi.nih.gov to find information about risk factors and a list of questions to ask your doctor at your annual checkup.
- **Have your blood pressure and cholesterol levels checked** at least once a year by your primary care provider (PCP).
- **Eat** foods that are low fat or protein rich and avoid those high in added sugars and sodium.
- **Visit** your doctor for regular checkups.
- **Avoid** smoking and using tobacco products.
- **Be physically active**, regularly.
- **Manage stress** in a positive way through relaxation techniques, talking to friends and family, or joining a stress management program.

Fortunately, there are many ways for you to achieve heart-healthy living and protect yourself. If you have questions about your heart health, talk to your PCP.

Source: National Heart, Lung, and Blood Institute: *Heart-Healthy Living* (accessed December 10, 2020): nhlbi.nih.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:

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



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.



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.

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



Homemade trail mix recipe

Trail mix is a healthy snack option that can keep you energized when you're on the go, or to enjoy when you're relaxing. One great thing about trail mix is that you can customize it with your own ingredients. Here's a recipe to start with:



Craisin dark chocolate trail mix

Ingredients:

- 1 cup sliced almonds
- ½ cup dried Craisins
- ½ cup dark chocolate chips
- ½ cup cashews
- 1 cup walnuts

You will also need:

- A large bowl for mixing
- A spoon for serving
- Air-tight bags for portioning and preserving

Instructions:

1. Mix together all ingredients.
2. Spoon servings into air-tight bags to store, if needed.
3. 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 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).

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။

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