



## Keep your BadgerCare Plus information current

If your address, phone number or email address changes, the Wisconsin Department of Health Services needs to know so you will never miss important news, updates, or renewal deadlines.



How to update your BadgerCare Plus information

Log in at [access.wi.gov](https://access.wi.gov) or contact your local agency to update your contact information today.



To make it easier to update your information, you can download the **MyACCESS** app from the App Store<sup>®</sup> or Google Play<sup>™</sup>.

# COVID-19 vaccines for children ages 5 and older

The best way to protect your child from COVID-19 is to get them vaccinated. While many children with COVID-19 have mild symptoms or no symptoms at all, some get really sick. And any child with COVID-19 can still spread the virus to others.

The American Academy of Pediatrics (AAP) recommends all children ages 5 and older get the COVID-19 vaccine. Your child can get their flu shot and the COVID-19 vaccine at the same time. Ask their doctor if they can provide both the flu and COVID-19 vaccine at your child's next wellness visit, or sooner.



Don't want to wait? Find vaccine locations near you at [vaccines.gov](https://www.vaccines.gov).

## All your information is just a tap away



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.

### 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:

- Log in easily and securely with Touch ID/Android Fingerprint/Face ID.
- Find a doctor, hospital, pharmacy, or specialist that serves your plan.
- Always have your member ID card with you.

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



# Extra benefits at no extra cost

As an Anthem member, you'll get quality healthcare benefits plus no-cost extras like:



**WW® (formerly Weight Watchers):** workshops and e-tools for members ages 18 and up



**ChooseHealthy®:** free health education videos and over 1,000 online resources to help you live an active lifestyle



**Free GED testing:** we'll cover the cost of the test for members ages 18 and up



**Cellphone:** free data, talk, texts, and unlimited calls to our Member Services line to stay connected to your health



**New Baby, New Life<sup>SM</sup>:** extra support during and after pregnancy



**Baby essentials:** baby catalog items like car seats and cribs for pregnant members who complete prenatal visits



**Healthy Rewards:** earn rewards dollars for completing healthy activities, like health screenings and visits

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To redeem benefits and see what rewards you're eligible for, log in or create your secure online account and visit the [Benefit Reward Hub](#). For a full list of benefits, visit our website at [anthem.com/wisconsin](https://www.anthem.com/wisconsin).



## May is Mental Health Awareness Month

Living with the COVID-19 pandemic the last few years has taken a toll on many people's emotional health. If you're feeling stressed, isolated, or anxious about the future, you're not alone.

This May, we're recognizing Mental Health Awareness Month and providing resources and tools to help our members cope.

- **myStrength™** – an online tool that can help you lower your stress and improve your mental health. As an Anthem member, this tool is available at no cost.
- **Psych Hub** – free online resources and videos to help manage stress, talk to children about COVID-19, cope with job loss, and other challenges.
- **The National Suicide Hotline** – free and confidential support for those experiencing distress. Call **800-273-8255** any time, day or night.

To learn more about the behavioral health services we cover or to find a provider near you, visit [anthem.com/wisconsin](https://www.anthem.com/wisconsin).

Anthem Blue Cross and Blue Shield is the trade name of CompCare Health Services Insurance Corporation, an independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

## 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 lwj 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 iyadoo 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) တင် ဖုန်းခေါ်ဆိုပါ။