



## 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 renew BadgerCare Plus

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



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





## New Emotional Well-being Resources

**We're committed to your whole health. That's why we're excited to offer you access to our newest online health tool, Emotional Well-being Resources.**

Emotional Well-being Resources can help you better control the thoughts and behaviors that affect your emotional well-being. You'll learn ways to manage them through online programs and coaching support.

With Emotional Well-being Resources, you can:

- Get help dealing with stress, anxiety, substance use, and sleep issues.
- Sign up for a personal coach.
- Invite friends or loved ones to help support you.



**For more resources, visit our [member website](#).** There, you can find stress relief apps, articles, and more to help you focus on your emotional well-being. You can search for other counselors and providers in your plan.

To get started with Emotional Well-being Resources, visit <https://learntolive.com/welcome/wianthem?code=wianthem>. You will need your Anthem member ID number the first time you visit the site. You can find it on your member ID card.



# Well-child checkups for children ages 7-12

Bringing your child to appointments with their primary care provider (PCP) for routine health tests and vaccinations can help them stay healthy.

These appointments may also be called “well-child checkups” or “EPSDT appointments.” Anthem is here to help you do this. Your child may be due for a checkup or vaccines. Look at the chart to find out. Make an appointment today.

## Other ways to help your child stay healthy:

- Keep their teeth and gums healthy. Make sure your child:
  - Visits the dentist twice a year.
  - Brushes twice a day.
  - Flosses at least once a day.
  - Avoids sugary foods.
- Find fun, safe activities that encourage your child to stay active.
- Check that your child is wearing their seat belt in the car. Car crashes are the leading cause of death in children under the age of 14.

Well-child chart: 7-12 years of age		
7 years	Well-child checkup	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year
8 years	Well-child checkup	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year
9 years	Well-child checkup	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year
10 years	Well-child checkup	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year
11 years	Well-child checkup	
	Diphtheria, tetanus, and pertussis vaccine	
	Human papillomavirus vaccine	3-dose series from 11-12 years
	Meningococcal vaccine	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year
12 years	Well-child checkup	
	Flu vaccine	Once a year
	Vision and hearing screening	
	Dental checkup	Twice a year



For help finding a doctor or making an appointment, call Member Services at **855-690-7800 (TTY 711)** Monday to Friday from 8 a.m. to 5 p.m. local time.



For more information and resources about well-child visits, visit [childhood-wellness.com/bcbs/wi](http://childhood-wellness.com/bcbs/wi).



# CAHPS survey

## Your opinion matters.

In the coming months, you will receive a survey by phone or by mail. Please take a moment to complete it. Your responses will help us learn what you think about your Anthem benefits and services and help us serve you and your family better.

We value your feedback. Responding to the survey will only take a few minutes, and your answers are completely confidential.



## 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:

- Live chat with a Member Services representative during business hours.
- 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™.



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 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) တင် ဖုန်းခေါ်ဆိုပါ။