

My health

Quarter 3, 2023

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.

You can update your information by logging in at **access.wisconsin.gov** or contacting your [local agency](#).

We're here to help you renew your benefits.

When it's time for you to renew:

1. Get your documents ready. These may include a paystub, social security card, utility bill, and most recent W-2 form.
2. Make sure your form is all set.
3. Submit your renewal form online at **access.wisconsin.gov** or through the mail.

We created a video to walk you through the renewal process. Scan the QR code below to watch the video.



To make renewing your benefits 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, 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)



All your information is just a tap away

These free mobile apps allow you to take charge of your healthcare and benefits. All of these are available on the App Store® or Google Play™.

| MyACCESS app lets you: | ebtEDGE app | Sydney Health app lets you: |
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| <ul style="list-style-type: none">• Receive renewal reminders.• Connect to your BadgerCare Plus benefits.• Check your application status.• Submit documents. | <ul style="list-style-type: none">• 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. | <ul style="list-style-type: none">• Log in easily and securely with Touch ID, Android Fingerprint, or Face ID.• Find a doctor, hospital, pharmacy, or specialist in your plan.• Always have your member ID card with you. |



Give yourself the best shot to stop the flu

Flu season is just around the corner. The flu vaccine can reduce your chance of getting sick by 50 percent and help keep your family safe, too. As an Anthem member, the flu shot is no cost to you.

Call your doctor or pharmacy to schedule your flu shot today. To find a doctor or pharmacy near you, use our online [Find a Doctor](#) tool.

Feeling sick?

Flu symptoms include fever, cough, fatigue, sore throat, and runny or stuffy nose. If you feel like you may have the flu, call your doctor. If you can't see your doctor and need care right away, visit an urgent care center near you. For help finding where to go for care, call 24/7 NurseLine at **855-690-7800 (TTY 711)** anytime, day or night.

Help caring for your mental health

If you are feeling stressed, isolated, or not like yourself, you're not alone. These feelings can have a negative impact on your mental health over time and become harder to manage on your own.

Talk with your doctor about any mental health concerns you may have. Your doctor can help you decide what steps to take and what kinds of treatment you may need.

If you can't visit your doctor and want help managing your mental health, here are a few no-cost mental health tools and resources that can help:



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| Emotional Well-being Resources | An online resource and community to help you take care of your mental health. Just log in to your account to get started. |
| Behavioral Health Crisis Hotline | Call us at 855-690-7800 (TTY 711) anytime you need help with a mental health crisis. |
| Suicide & Crisis Lifeline | Call or text 988 for care and support during a mental health crisis. Learn more here . |



Connecting communities to healthy foods

National Food Bank Day is September 1. We are proud to sponsor Hunger Task Force's Mobile Market, a mobile grocery store that helps provide low-cost, fresh foods to communities in need.

To learn more about Hunger Task Force, visit hungertaskforce.org. For more help finding food and other resources near you, search your ZIP code in our [Community Resource Link](#).

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 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။

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