



Flu season is here

The flu is always changing.
That's why the flu vaccine is
updated yearly.

If you got your vaccine last year, that doesn't mean you're protected this year. And experts say this flu season will be severe.

Don't give the flu a chance to ruin your plans. To get your flu vaccine, schedule an appointment with your doctor. Or use the **Find a Doctor** page on our website to find a local pharmacy or plan provider instead.



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

Extra benefits to help you get and stay healthy into the new year

Jumpstart your health this new year with these no-cost extra benefits:



- Online tools and coaching support to help better manage thoughts and behaviors with Emotional Wellbeing Resources
- Health videos and nutrition tips at your fingertips with ChooseHealthy
- A blood pressure cuff to help manage certain health conditions
- WW® (formerly Weight Watchers) workshops
- Prenatal, delivery, and postpartum support for pregnant members with New Baby, New LifeSM

We also offer these no-cost extras to help improve your day-to-day:



- A cellphone with free data, talk, texts, and unlimited calls to Member Services to stay connected to your health
- Anthem Community Resource Link to help you find free or low-cost services for food, jobs, housing, and education near you
- Baby essentials catalog with items like a car seat or portable crib for pregnant women
- Free GED testing
- Fruits and vegetables delivered directly to your home
- Personal care items, such as shampoo and deodorant



How to access Healthy Rewards

Healthy Rewards is a no-cost program that rewards you for completing certain healthy activities. With Healthy Rewards, you can receive rewards like:

- \$25 for completing a lead screening
- Up to \$80 for well-child visits
- \$25 for breast cancer screenings
- \$25 for a diabetic A1c screening
- \$25 for new pregnant members who go to their postpartum visit 7 to 84 days after delivery
- \$25 for a follow-up visit with your doctor after a visit to the emergency room for a behavioral health issue

See what rewards you're eligible for today. To get started, [log in](#) to your secure account and visit the Benefit Reward Hub. You can also enroll by calling Healthy Rewards at **888-990-8681 (TTY 711)**. You need to be enrolled in the program before or within 30 days of completing an activity to earn the reward.

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 or contact your [local agency](#) to update your contact information today.



To make your 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.

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.

Sydney Health 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™.



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။