



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 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.



Protecting teens and preteens against HPV

Human Papillomavirus (HPV) is a group of viruses that can cause certain kinds of cancer. HPV spreads through intimate skin-to-skin contact and infects about 13 million people each year, including teens.

The HPV vaccine is a safe, effective way to protect against cancer caused by HPV infection. Kids who are 11 or 12 years old should receive two shots of the HPV vaccine 6–12 months apart. Teens who start receiving the HPV vaccine on or after their 15th birthday will need three shots over 6 months.

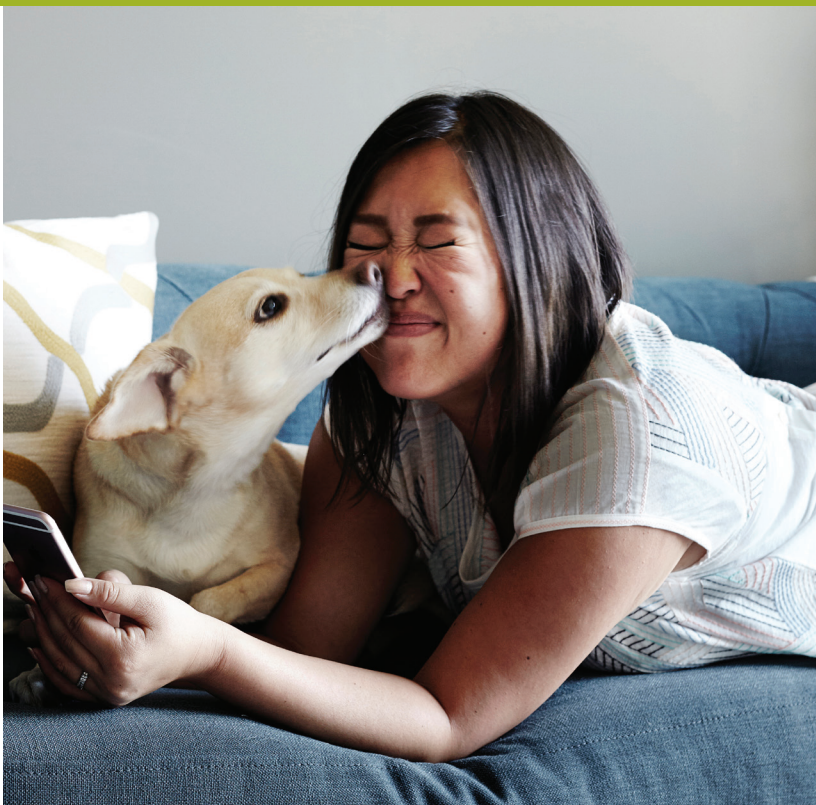
If your teen hasn't received the HPV vaccine yet, talk with their doctor. They can help make a plan for your teen and answer any questions you might have. To learn more about HPV and the HPV vaccine, visit the Centers for Disease Control and Prevention's website.

Breast cancer screening

Regular screenings are an important part of preventing and detecting breast cancer. There are a few different kinds of breast cancer screenings:

- **Mammogram:** an X-ray of the breast to check for any abnormal tissue.
- **Breast Magnetic Resonance Imaging (MRI):** radio waves and magnets are used to examine the breast for signs of cancer.
- **Clinical breast exam:** a doctor or nurse will use their hands to feel for lumps and other changes.

A breast cancer screening is recommended for women starting at age 40 or sooner, depending on your health history and other risk factors. Talk with your doctor about how often and how soon you should start getting screened for breast cancer.



You can earn \$25 in rewards when you receive a breast cancer screening. To get started, log in to your secure account and visit the Benefit Reward Hub to enroll in Healthy Rewards.

Help caring for your mental health

If you are feeling stressed, isolated, or otherwise 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 free tools and resources that can help:

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.

988 Suicide and Crisis Lifeline



Call or text 988 for care and support during a mental health crisis. Learn more [here](#).

Urgent care vs. ER

It's important to know where to go for care when you're sick or injured. Your primary care provider (PCP) should be your first stop for your medical needs, but sometimes, you need care after hours or right away.



If you're not sure where to go, check the guide below or call 24/7 NurseLine at **855-690-7800 (TTY 711)** to talk to a nurse.

 Urgent care	 Emergency room
<p>Urgent care for situations that are not life-threatening, such as:</p> <ul style="list-style-type: none">• Throwing up, diarrhea, or stomach pain• Sprains and minor injuries• Minor cuts and burns• Fever, cold, flu, and sore throat• Mild asthma or allergic reactions• Urinary tract infection	<p>Emergency room (ER) for medical emergencies, such as:</p> <ul style="list-style-type: none">• Chest pain• Trouble breathing• Severe bleeding• Bad burns• Loss of consciousness• Head and eye injuries

Remember, most urgent care centers are open late at night, on weekends, and holidays — and without the long wait of the ER.

All your information is just a tap away

These free mobile apps allow you to take charge of your healthcare and benefits.

<p>MyACCESS app lets you:</p> <ul style="list-style-type: none">• Receive renewal reminders.• Connect to your BadgerCare Plus benefits.• Check your application status.• Submit documents.	<p>ebtEDGE app</p> <p>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.</p>	<p>Sydney Health app lets you:</p> <ul style="list-style-type: none">• 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.
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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။