

# My health

Quarter 4, 2023

## Renewing your benefits

Each year, you will need to renew your Anthem Blue Cross and Blue Shield BadgerCare Plus benefits. You will receive a packet from Forward Health when it is time for you to renew. When you do:

1. Get your documents ready. These may include a paystub, social security card, utility bill, and most recent W-2 form.
2. Complete your form. Give yourself plenty of time, and make sure all sections are filled in.
3. Submit your renewal form. You can submit it:
  - Online at **[access.wisconsin.gov](https://access.wisconsin.gov)**.
  - By calling or visiting your local Income Maintenance and Tribal Agency.
  - In the mail to one of the below addresses:

For those who live in Milwaukee County —	P.O. Box 05676 Milwaukee, WI 53205
For those who do not live in Milwaukee County —	P.O. Box 5234 Janesville, WI 53547



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://anthem.com/wisconsin)**

We created a video to walk you through the renewal process. Visit [readysetrenew.com/wi](https://readysetrenew.com/wi) to watch it.

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.

## Mental health during holidays

The holidays can be a happy and exciting time, but they can also be stressful. Here are a few tips to help reduce stress and maintain good mental health during the holiday season:

- **Be kind to yourself.** Try not to compare your holiday with what you may see on social media or in holiday commercials. Put your mental and physical well-being first and think about what triggers your stress and how you can cope.
- **Set healthy boundaries with loved ones.** It's okay to limit how much time you spend with family and friends.
- **Find time to relax.** Take a break and breathe deeply, meditate, go for a walk, or do another activity you enjoy.
- **Find support.** Talking about how you feel with a loved one, friend, or mental health professional can help during stressful times. You can also access these no-cost tools and resources for mental health support:
  - Emotional Well-being Resources – an online resource and community to help you take care of your mental health. Just [log in to your secure account](#) to get started.
  - Behavioral Health Crisis Line – call us at **855-690-7800 (TTY 711)** any time you need help with a mental health crisis.
  - 988 Suicide and Crisis Lifeline – call or text 988 for care and support. Learn more [here](#).
- **Eat well, exercise, and get plenty of sleep.**

Keep your information current. If your address, phone number, or email address change, 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.wi.gov](https://access.wi.gov) or contacting your **local agency**.

### 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.

## 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။

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