

# My Health



## Dental benefits

Good oral hygiene helps keep your teeth and gums healthy. But your mouth is the entryway to your digestive tract and respiratory system — and taking care of it helps protect your overall health, too.

For members in Kenosha, Milwaukee, Ozaukee, Racine, Washington, and Waukesha counties, Anthem Blue Cross and Blue Shield provides all dental benefits through DentaQuest®. You must go to an Anthem plan dentist. Call Anthem Member Services at **855-690-7800 (TTY 711)** for the names of our dentists. Or visit DentaQuest® at [dentaquest.com](https://dentaquest.com) or call **888-271-5210 (TTY 800-466-7566)**.



You can also use our online [Find a Dentist](#) tool or [visit DentaQuest to learn more](#) about your dental benefits.

Source: Mayo Clinic: Oral health: *A window to your overall health* (March 14, 2024): [mayoclinic.org](https://www.mayoclinic.org).

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



## Help kids develop healthy dental habits

Kids may need you to help them brush their teeth until they're about eight years old. So, how can you make brushing fun for them and help them build good lifelong habits?

### Try these tips:

1. **Let them choose their toothbrush.** A small brush with soft or extra-soft bristles is best but leave the choices about colors and characters up to them. As long as you're using only a pea-sized amount of toothpaste with fluoride, let your child choose the flavor, too.
2. **Play "follow the leader."** Brush and floss alongside your child to teach them how. Take turns, making sure to cover all sides of your teeth and in between, too.
3. **Time your brushing to a song or video.** The American Dental Association recommends brushing for two minutes. Using one of your child's favorite two-minute songs or videos to pass the time can keep them interested and prevent "rushing the brushing."
4. **Make it a game.** Use a chart or calendar. Give your child a sticker or happy face for achievements like two minutes of brushing without stopping, flossing, or, doing these without being asked.

# Give yourself the best shot to stop the flu

Flu season is just around the corner. The flu shot can reduce your chance of getting sick by 50 percent and help keep your family safe, too. As an Anthem member, the flu shot doesn't cost you anything.



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 a 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.

## Where to go for care

If you get sick or injured, you have options.

<p><b>Doctor</b></p> 	Contact your primary care provider (PCP) first when you need health care.
<p><b>Telehealth</b></p> 	Check with your PCP to see if they offer telehealth appointments.
<p><b>Urgent care</b></p> 	When you can't see your PCP, visit an urgent care center for minor illnesses or injuries, like: <ul style="list-style-type: none"><li>• Fever</li><li>• Vomiting</li><li>• Sprains</li><li>• Strains</li><li>• X-rays</li><li>• Small cuts</li><li>• Back pain</li></ul>
<p><b>Emergency room</b></p> 	Visit an emergency room (ER) for life-threatening issues or those that need attention right away: <ul style="list-style-type: none"><li>• Chest pain</li><li>• Trouble breathing</li><li>• Head injury</li><li>• Slurred speech</li><li>• Seizure</li><li>• Broken bones</li></ul>

### Trouble deciding where to go?

Talk to a nurse. Call 24/7 NurseLine at **855-690-7800 (TTY 711)** 24 hours a day, seven days a week.

For help finding a provider near you, use our online [Find a Doctor](#) tool.

## All your information is just a tap away

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

### MyACCESS app lets you:

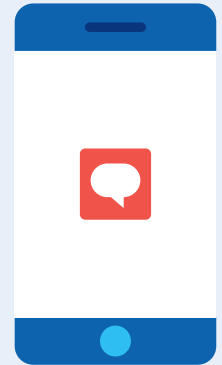
- Receive renewal reminders.
- Connect to your BadgerCare Plus benefits.
- Check your application status.
- Submit documents.

### 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<sup>SM</sup> 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.
- Live chat with a representative.



All of these are available on the App Store® or Google Play™.

## Self-care or reducing stress for caregivers

Caring for a partner, parent, family, or friend with a disability or serious illness can be very rewarding — but it's also hard work and can be stressful.

### Tips to be a good caregiver:

- **Take care of yourself, too.** Exercise regularly, eat well, and get the rest you need — including taking time off for the activities that recharge you. Don't forget regular medical checkups, too.
- **Don't help too much.** Encourage the person you're caring for to be as independent as they can and include them in making decisions that affect them. They'll appreciate it, and you'll be less stressed.
- **Ask for help.** Accept support from others for things like running errands and tidying up. A helping hand at the right time can keep your spirits up and allow you to focus where your help is most needed.

Source: Healthwise: *Caregiver tips* (November 16, 2023): [healthwise.net](https://www.healthwise.net).



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### **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၊ သင့်အွတ်  
က် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။**

**855-690-7800 (TTY: 711) တင် ဖုန်းခေါ်ဆိုပါ။**

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