

# My Health



## Close the door on cancer

### What do you know about cervical cancer?

Human papillomavirus (HPV) is the biggest cause of cervical cancer. There are simple ways to protect yourself or your child from the HPV infection.

### What will you do?

- I will get the HPV vaccine or have my child vaccinated when the doctor recommends.
- I will get screened regularly, starting at age 21.
- I will talk to my doctor about when and how often I should get a Pap or HPV test.



You may be able to get vaccines and screenings at no cost. Find out today at our [website](#) or call Member Services at **855-690-7800 (TTY 711)**, Monday through Friday, 8 a.m. to 5 p.m. local time.

For more information about cervical cancer and how to prevent it, visit [cervivor.org](https://www.cervivor.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)**



## Type 1 diabetes: tips on caring for your child

If your child has type 1 diabetes, they need to get insulin shots every day. If your child is very young, you will need to give these shots. Older children can learn to do it themselves.

Your child also will need to have their blood sugar checked at different times during the day. This is an important part of their care and will make insulin use safer and more effective.

Dealing with insulin shots and the other parts of treatment may take some extra effort from both you and your child. Here are some tips to dealing with type 1 diabetes:

### Food

Help your child watch what they eat. Many adults with diabetes have trouble with this, and it can be even harder for a child. It helps if you involve the whole family. If the family eats a low-fat diet with lots of vegetables and less carbohydrates, it will be easier for your child. Although the lure of junk foods remains, you can balance that with healthy foods at home. It's important for your child to see how food affects blood sugar.

Many children eat extra foods without telling their parents or other adults. This can lead to high blood sugar and hospital visits. Make it clear to them that eating extra food means that they will need extra insulin. Your child should always tell an adult when they eat something that is not on the day's meal plan.

It helps to teach the idea of balance. If your child wants to eat a food not on the day's meal plan for the day, you need to adjust the insulin dose to reflect this change.

## School

School can be a challenge for a child with type 1 diabetes. Because of the need to take insulin shots throughout the day and the need to eat on a regular schedule, children with type 1 diabetes stand out from their peers. Encourage them to explain diabetes to friends and show them how the equipment works. Most children are just curious and eager to learn.

You should also meet with your child's teachers, school nurse, and school administrators to discuss diabetes care at school. The Americans With Disabilities Act covers children with diabetes, so the school must help you with treatment. Make sure the school has the necessary supplies and insulin for your child on hand.

Be sure to meet with your child's gym teacher to discuss how exercise affects your child's blood sugar. The gym teacher may not know the signs of sudden high or low blood sugar, so you might need to explain what symptoms your child may have and how to deal with them. Encourage your child to play sports and be physically active. Exercise is good for them and will help their diabetes treatment. But realize that physical activity will now take more planning than before. Your diabetes team can help you adjust your child's treatment plan for physical activity.

## Sick days

When your child is sick, their blood sugar can rise. This can be dangerous. Talk to their doctor about how to care for diabetes on sick days.

Here are some guidelines:

- Follow your child's normal insulin schedule even if they are vomiting or having trouble eating or drinking. Call the doctor if they cannot keep down medicine or fluids.
- Keep a normal eating schedule and give extra fluids like water, broth, and fruit juice.
- Check blood sugar at least every 3 to 4 hours or more often if it is rising fast.

- Do a test for ketones, especially if your child's blood sugar is high.
- Check your child's temperature, breathing rate, pulse, and weight often (at least one time a day) if blood sugar is more than their target range. Call the doctor if they lose weight and their temperature, breathing rate, and pulse increase.
- Do not give your child any over-the-counter medicines without talking to your doctor first.
- Call your doctor if your child cannot keep down medicine, fluids, or food.

## Independence

As your child grows, encourage them to take more control over the treatment. As a parent, you may want to be there every time your child gets an insulin shot, but it's important for your child to become more independent.

There are many summer camps for children with diabetes. These settings can help children learn about their disease and how to manage it.

## Support for you

Never feel like your family is alone in dealing with your child's diabetes. Ask your diabetes team coordinator for help in finding:

- Local support groups.
- Resources on the internet.
- Publications from the American Diabetes Association and other groups.

Along with giving you emotional support, these groups can also direct you to information you need to face the challenges ahead.

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Author: [Healthwise Staff Clinical Review Board](#)

All Healthwise education is reviewed by a team that includes physicians, nurses, advanced practitioners, registered dietitians, and other healthcare professionals.



## How to beat the heat

When the weather gets too hot, it can be bad for your health. Heat can be hard for young kids, older adults, and people who have certain health conditions.

Here are some tips to help keep from getting overheated on hot days:

- Stay inside.
- Do outdoor activities early in the morning or late in the evening.
- If you must be outside, take breaks every hour inside or in the shade.
- Drink plenty of water.
- Wear light-colored, loose-fitting clothes, a hat, sunglasses, and sunscreen.

Heat stroke is a health emergency that happens when your body temperature rises quickly and you can't cool down. If you think someone is having a heat stroke, call 911 for help to try to help them cool down. You can help them cool down by:

- Getting them to a cool or shady place.
- Putting them in a cool tub of water or a cool shower, spraying them with a garden hose, or putting cool, wet washcloths on their skin.

# Herpes zoster: shingles facts

Herpes zoster, also known as shingles, is caused by reactivation of varicella-zoster virus (VZV), the same virus that causes varicella (chickenpox).

After a person has chicken pox (VZV), the virus stays in your body. VZV can reactivate later in a person's life and cause herpes zoster, a painful rash that develops into clusters of fluid-filled raised bumps on the skin. It can also be itchy or tingly.

## Complications of shingles:

- Pain that continues around the rash can continue 90 days after it appeared and can last for months, years, or may be permanent. Risk for this complication increases with age.
- The virus can affect nerves in your face, which could result in vision loss.
- Complication risks increase with age.
- The CDC recommends two doses of the shingles vaccine for those 50 years and older.
- Talk to your doctor about vaccination concerns.
- More women than men develop herpes zoster.



Visit [anthem.com/wisconsin](https://www.anthem.com/wisconsin)  
or call Member Services  
at **855-690-7800 (TTY 711)**  
to make an appointment  
to get vaccinated.

# Healthy Rewards

Healthy Rewards is a no-cost, optional program for Anthem members. The program encourages you to get the care you need to create a healthy lifestyle, then rewards you with gift cards to popular retailers.

You may be eligible to earn the following rewards for these healthy activities:

- Lead screening
- Well-child visits and immunizations
- Medication management
- Breast cancer screenings
- Diabetic A1c screening
- Prenatal and postpartum visits
- Follow-up visits after an emergency department visit for alcohol and substance abuse or mental health (within 30 days).



To see what you are eligible to earn, enroll in Healthy Rewards by logging in to your Anthem account at [anthem.com/wisconsin](https://www.anthem.com/wisconsin) and visiting the Benefit Reward Hub.

# Now is a great time to catch up on well-child visits

## What to expect at your child's well visit.

Well-child visits help prevent your child from getting sick and track their growth. At these visits, your child's doctor will examine your child and give them vaccinations to protect them against infections.

### Birth to 2 years old

When to visit the doctor: Every 1–3 months

Your child's doctor wants to make sure they're growing at the right pace. They will track their development stages, or milestones. When your child begins to roll over, babble, sit up, and crawl are examples of milestones.

Your child will get vaccines that teach their body to protect them against infections like chickenpox and hepatitis. These visits will ensure your child is on the best path for them.

### 3 to 6 years old

When to visit the doctor: every year

Your child's doctor may talk about healthy behaviors like daily screen time, nutrition, allergies, and others.

They will get vaccines that teach their body to protect them against infections like:

- Measles
- Mumps
- Flu

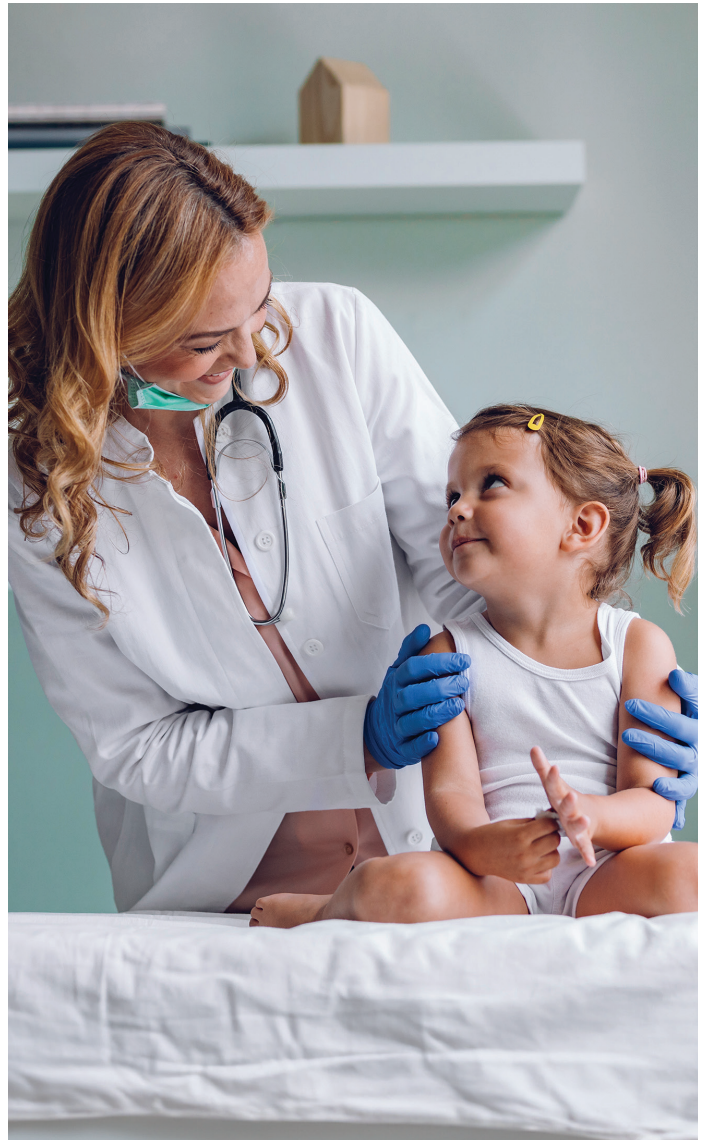
### 7 to 13 years old

When to visit the doctor: every year

At these visits, your child's doctor will give them vaccines, provide behavioral health screenings, and discuss hygiene and healthy habits. They may also provide annual physicals for school, sports, and camps.

Your child will receive vaccines that teach their body to protect them against infections like:

- HPV
- Flu
- Meningitis



### 14 to 18 years old

When to visit the doctor: every year

At these visits, your child's doctor will give them vaccines and talk to them about important topics like reproductive health and what it means to be a healthy adult. They may also provide annual physicals for school, sports, and camps.

Your teenager will get vaccines that teach their body to protect them against infections like the flu and meningitis. They may also begin to have their own questions for the doctor.



### More information

Learn more about what vaccines your child needs and when:

[Birth to 6 years](#) | [7 to 18 years](#)



### Schedule a ride

Your health plan may cover rides to your child's doctor appointments.

[Learn more](#)



### Find a doctor

Selecting your child's pediatrician is an important decision. Use the **Find a doctor** tool to find one of the many providers offered to Anthem members.

[Find care](#)



### Get your child's checkups and gift cards to shop

For Anthem members, earning rewards is easy as:

- Enrolling in the Healthy Rewards program.
- Taking your child to the doctor.

[Log in to enroll](#)



### Manage your child's health on the go

Manage your child's health on the go, with everything in one place. Download the **Sydney<sup>SM</sup> Health** app.



#### Newborn–6 years

[childhood-wellness.com/bcbs/wi](http://childhood-wellness.com/bcbs/wi)

#### Ages 7–18

[childhood-wellness.com/bcbs/wi-2](http://childhood-wellness.com/bcbs/wi-2)

## All your information is just a tap away

These no-cost mobile apps allow you to take charge of your healthcare and benefits.

### MyACCESS app lets you:

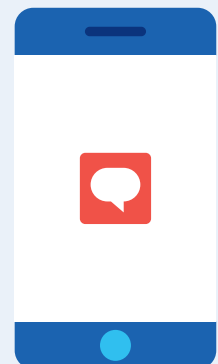
- Receive renewal reminders.
- Connect to your BadgerCare Plus benefits.
- Check your application status.
- Submit documents.

### 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.



Anthem Blue Cross and Blue Shield is the trade name of Compcare Health Services Insurance Corporation, an independent licensee of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

### **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) တင် ဖုန်းခေါ်ဆိုပါ။**

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