

Happy, healthy new year!

New Year's resolutions can be hard to stick to. We're here to help you follow your wellness plan all year long. The chart below lists some recommended visits and screenings.



Which of these could help you and your family have a healthier 2018?

Pregnant women	<input type="checkbox"/> Go to regular prenatal health care visits
New moms	<input type="checkbox"/> Have a postpartum checkup between 21 and 56 days after giving birth <input type="checkbox"/> Have a separate follow-up visit with my surgeon if I had a C-section
Children 12 to 24 months old	<input type="checkbox"/> Go to well-child checkups at 12, 18 and 24 months <input type="checkbox"/> Get immunizations, or shots, as recommended by my child's doctor
Children 3 to 17 years old	<input type="checkbox"/> Have a well-child checkup that includes a weight check and an assessment of nutrition and physical activity
Tweens and teens 11 to 13 years old	<input type="checkbox"/> Get Tdap, HPV and MCV4 vaccinations
Women 21 to 49 years old	<input type="checkbox"/> Have a well-woman checkup
Women 50 to 74 years old	<input type="checkbox"/> Have a well-woman checkup and a mammogram
Men 21 to 65 years old	<input type="checkbox"/> Have a wellness checkup

Source: Centers for Disease Control and Prevention, cdc.gov.



If you are living with:

- **Asthma** — Keep your asthma action plan on track by having an asthma checkup and getting a controller medication refill.
- **Diabetes** — Stay in control of your health by getting a diabetes wellness visit and eye exam.
- **Hypertension** — Help maintain your blood pressure by getting it checked regularly.

Wisconsin MyHealth Flier

Inside this flier, you'll find important information about the health plan and tips for healthy living.

Thank you for letting us be your partner for a healthier life.

www.anthem.com/wimedicaid

Member Services — 24/7 NurseLine:
1-855-690-7800 (TTY 711)

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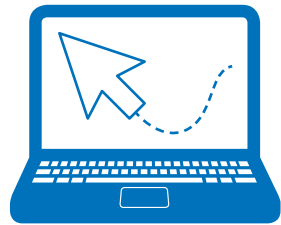
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Member Questions

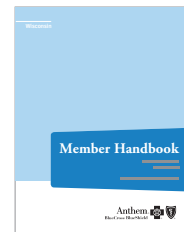
Where can you go when you have questions about our health plan?

Here are three easy places to get the answers you are looking for:



Go online to www.anthem.com/wimedicaid

1



Look in your Member Handbook

2



Call Member Services at 1-855-690-7800 (TTY 711)

3

Just choose one of the steps above to access information on:

- Your benefits with a list of covered and noncovered services, including those received outside the health plan service area.
- How to see your PCP and get care.
- Free case management services to help you manage a serious health condition. You or your caregiver can self-refer or your doctor can refer you.
- What to do when you are outside of the plan's service area.
- How to get care after normal office hours.
- How to obtain emergency care. If your condition is life-threatening and you need medical attention right away, **call 911 or go to the ER.**
- How to find out if there are any charges that you are responsible for.
- The process and forms needed for filing a complaint or appealing a decision.
- How to find a primary care provider (PCP), specialist, behavioral health provider or hospital in the Anthem Blue Cross and Blue Shield network.
- How to talk to someone in a language other than English.

Recipe corner:

Banana Oat Cookies

INGREDIENTS

- 1 cup banana, mashed (use overripe banana)
- 1 cup quick oats
- 1/2 cup yogurt, low-fat plain
- 1/4 cup water
- Raisins (1/2 cup, optional)
- Sunflower seeds (1/2 cup, optional)
- Spices (to taste, optional)

DIRECTIONS

1. Wash hands, make sure utensils and counter top are clean.
2. Mash bananas, mix with yogurt and water.
3. Add quick (not instant) oats. Mix well.
4. Add optional add-ins if you wish. Keep them minimal.
5. Add spices, to taste (optional).
6. The batter should be thick and easily spoonable.
7. Grease a baking sheet. Place a tablespoon of dough on the sheet, thin out to a flat disk. Repeat with remaining dough. Refrigerate if any is remaining in bowl.
8. Bake at 350-375°F for 20 minutes. Flip and bake on other side 15 minutes to make crisper crust.

Source: <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/banana-oat-cookies>



Makes: 25 small cookies

Many holiday treats are filled with unhealthy fat and sugar. Try to make healthier choices by cooking with whole grains and less sugar. These Banana Oat Cookies are like a healthy gift from your oven!

Keeping your benefits

It can be stressful when you or someone you love becomes sick or gets hurt. Keeping your insurance benefits up-to-date means you can focus on healing.

It's easy to renew your insurance. If you have BadgerCare Plus, your benefits need to be renewed once a year. You can renew online at access.wisconsin.gov or call ForwardHealth Member Services at **1-800-362-3002**.

If you get SSI benefits, the steps for renewal are different. Your medical condition will be reviewed from time to time to make sure you still qualify for benefits. When it's time for a review, you'll get a letter in the mail asking you to visit your Social Security office.



- English* For help to translate or understand this at no cost, please call **1-855-690-7800 (TTY 711)**.
- Spanish* Si necesita ayuda para traducir o entender esto sin costo, llame al **1-855-690-7800 (TTY 711)**.
- Russian* Если вам не все понятно в этом документе или нужен перевод, звоните по номеру **1-855-690-7800** совершенно бесплатно.
- Hmong* Xav tau kev pab txhais lus lossis xav kom nkag siab cov ntaub ntauv no yam tsis tau them nqi, thov hu **1-855-690-7800**.