



N17 W24340 Riverwood Drive
Waukesha, WI 53188

Wisconsin *My Health* 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/wisconsin



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

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My Health

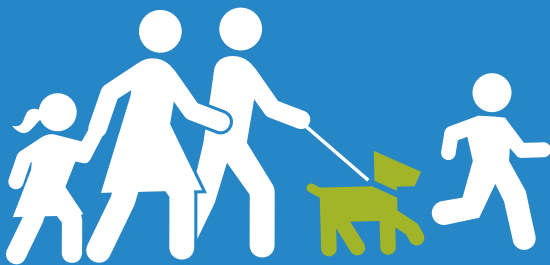
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Family health and fitness fun



When parents are active, kids are too! Being active as a family can be a fun way to get everyone moving. But how can you get started?



Making small changes in your family's routines can lead to healthier, active lives. Below are a few activities you and your family can do together:

- **Schedule family play time.** Find a fun activity everyone enjoys, like a family park day, hike day or bike day.
- **Plant a garden.** Taking care of plants gives you a reason to get outside each day – and grow healthy foods or pretty flowers at the same time.
- **Keep moving.** Walk around the block after a meal. On a rainy day, turn on some music and have a dance party.
- **Limit screen time.** Aim for two hours or less of TV, computer or video game time each day.

Kids need at least 60 minutes of physical activity each day and adults should get at least 30 minutes per day. It doesn't have to be all at once, so you and your family can break it up throughout your day – a few minutes at a time.

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The super powers of superfoods



How can you have more energy, fight disease and boost your immune system? A group of foods called superfoods may be a good place to start. When eaten as part of an overall healthy diet, superfoods can be good for your heart and your overall health.

See if you can match these foods with their health benefit below.

- **Beans** (legumes)
- **Teas** (black or green)
- **Dark chocolates**
- **Blueberries**
- **Fish** such as wild salmon, herring, sardines and mackerel

Superfood	Benefit
1	These may be the yummiest superfood yet and may help lower blood pressure. With this superfood, the darker, the better. But make sure to eat small amounts to avoid weight gain.
2	These are high in potassium and Vitamin C, and they are also an anti-inflammatory. What are some ways to help keep cancer and heart disease away? Experts say eat a half a cup of these every day.
3	These are high in fiber and can help you in your weight loss journey. Another benefit is that they help you maintain healthy cholesterol and blood sugar levels.
4	These are rich in Omega-3s. Eating this super food can reduce your risk of heart disease, help with arthritis, and even memory loss and Alzheimer's disease.
5	These are powerful antioxidants that can lower cholesterol and slow or stop the growth of cancer cells. If you replace sugary drinks with this superfood, you'll get an even greater health benefit.

To learn more about healthy eating, visit www.choosemyplate.gov.

What is the Quality Improvement (QI) program?

The QI program is designed to:



- Evaluate our health plan so we can improve it
- Track how happy you are with your doctor or primary care provider (PCP)
- Track how happy you are with us
- Use what we learn to make a plan to improve our services
- Put our plan into action to make your health care services better

You may call Member Services to request details about the QI program and ask for progress reports on our efforts to meet our improvement goals.

To get this information, call 1-855-690-7800 (TTY 711) or visit us online at www.anthem.com/wisconsin.



When is it time to renew?

Your coverage needs to be renewed each year.

How can you renew it? About one month before your coverage ends, you will get a letter with information about how to renew. You can renew online at access.wisconsin.gov or by calling ForwardHealth Member Services at 1-800-362-3002.

Diabetes eye care

Want to know how you can help protect your eyesight?

Diabetic retinopathy is a disease of the eye that can lead to severe vision loss and blindness. It can be treated if found early. By going for an eye exam each year, you're taking an important step in protecting your eyesight.

Anyone who has diabetes is at risk for diabetic retinopathy. In early stages there are no symptoms or pain. Getting a dilated eye exam is the only way to know if you have retinopathy. This test is quick and painless.

What are some other ways to protect against diabetic retinopathy? Put a check beside the things you are doing or are willing to do.

- See my doctor for regular checkups.
- Work to keep my blood sugar and blood pressure under control.
- Stay active.
- Eat healthy.
- Avoid smoking.

If you have diabetes and haven't had a dilated eye exam this year, consider calling your eye doctor to make an appointment today. If you need help finding a provider or making an appointment, call Member Services at 1-855-690-7800 (TTY 711).



You can earn \$20 in Healthy Rewards just for getting your yearly dilated eye exam! Learn more at mss.anthem.com/healthyrewards or call 1-877-868-2004 (TTY 711).

What do you do if you need a ride to your appointments?

Part of staying healthy is getting care when you need it. As a member of Anthem Blue Cross and Blue Shield, you can get rides to your doctor's office, pharmacy and other providers of covered services. Or, if you have a car and are able to drive yourself, you may be eligible to receive money for gas mileage to your or your children's appointments.

To learn more about mileage reimbursement or to schedule a ride, call Medical Transportation Management (MTM) at **1-866-907-1493** or visit their website at www.mtm-inc.net/wisconsin. Please remember they require you to set up your ride at least two business days before your appointment.



If you need access to utilization management (UM) or help from staff, we're here for you!

If you'd like to learn more about UM or a particular case, please call us toll free from 8 a.m. to 6 p.m. weekdays, except holidays, at 1-855-690-7800 (TTY 711). If you call at any other time, you can leave a private message. Our staff will return your call on the next business day during the hours above. Or you can ask that someone call you back at a different time. Any staff members who call you about a UM issue will give you their name, title and name of the company.



If you would like to talk to someone in a language other than English, you can ask for an interpreter in your language. If you have a hearing or speech loss, you can call the TTY line at 711.