

## 7 tips for a stress-free holiday

The most wonderful time of the year can often feel like the most stressful time. With all the cooking, decorating, shopping, traveling and family tension, it's no wonder many of us are prone to holiday burnout.

### Holiday stress and anxiety can be very bad for your health.

#### Stress can affect our:

- Thoughts
- Feelings
- Behaviors

#### Stress can lead to:

- High blood pressure
- Diabetes
- Obesity
- Heart disease

#### Plus, more heart attacks and heart-related deaths happen during the holiday season.

#### This could be from:

- Stress
- A fatty diet
- Too much alcohol
- Or all three!



### Don't let stress get in the way of happy, healthy holidays. Try these tips to help you relax and feel more merry and bright:

- 1 Set a holiday budget.** Before you start shopping, decide how much money you can afford to spend. Then, stick to your budget. Give homemade gifts or start a family gift exchange to limit spending.
- 2 Share the to-do lists.** You don't have to do everything yourself. Ask friends and family to help decorate, wrap gifts or prepare meals. You'll create holiday memories with others while tackling your to-do list.
- 3 Learn to say no.** Don't overbook yourself. It's okay to say no to holiday events and slow down a bit.
- 4 Be realistic.** Try not to put pressure on yourself to create the perfect holiday. You don't have to make every meal award-worthy or every wrapped gift look perfect.
- 5 Don't slack on self-care.** Keep a regular sleep, meal and workout schedule. Limit alcohol. It's your best defense against stress during the holidays.
- 6 Give back to someone in need.** Taking time to help others is great for the mind, body and soul. Whether it's a small act of kindness or giving to a charity, it reminds us what the season is all about — good will toward others.
- 7 Honor lost loved ones.** For many, the loss of a loved one can make it hard to celebrate the holidays. Here are some ways to cope with grief during this time of year:
  - Don't be afraid to share memories.
  - Talk to your doctor or join a grief support group.
  - Create new traditions to honor your loved one.

If you continue to struggle with stress, your doctor can help. Call them and schedule an appointment. But if you have thoughts of death or hurting yourself, call 911 or go to the emergency room right away.



# Say no to sick days this flu season



The flu (influenza) is highly contagious. Even healthy people can catch it. The best way to protect yourself is by getting a flu shot. We recommend getting one in the fall. Call your primary care provider (PCP), pharmacy or the health department today and get your flu shot.



## FLU FACTS:

The most common symptoms include fever, sore throat, body aches, headache, dry cough and feeling tired.



The worst part of the flu tends to last 3-4 days. But it can take up to two weeks or more to feel 100 percent.






Since it's a virus, antibiotics won't help. If detected early, your doctor may give you an antiviral medicine, like Tamiflu.



It's often best treated at home by drinking lots of water and getting lots of rest.



## Other tips to avoid the flu:

-  Keep your hands away from your face, eyes, nose and mouth.
-  Wash your hands frequently with soap and water.
-  Avoid being around people who have cold and flu-like symptoms.

**If you catch the flu and symptoms don't get better or get worse, call your doctor for help. If you can't reach them, go to an urgent care center.**

# Managing type 2 diabetes

Diabetes is a serious, lifelong condition that can be fatal. According to the Centers for Disease Control and Prevention (CDC), it's the seventh leading cause of death in the U.S.

## What happens with diabetes?

When we eat sugar, our body releases a hormone called insulin. Insulin helps turn sugar into energy. Without it, sugar (called glucose) builds up in your blood. Sugar eventually leaves the body through our urine, but not fast enough.

Having high blood sugar will damage other parts of your body:

- Heart
- Kidneys
- Eyes
- Feet
- And more



Because of this, your doctor may prescribe you more than one medicine.



## Eight tips for living well with diabetes:

1. **Monitor blood sugar** — ask your doctor about your ideal blood sugar range and write it down. Test your sugar daily at home. Your doctor should check it in their office, too.
2. **Monitor blood pressure** — high blood pressure is common with diabetes. Having both can put you at risk of having a heart attack, stroke and more.
3. **Take medicines** as prescribed, get refills on time and talk to your doctor about any issues with your medicine.
4. **Eat healthy** — at the same times each day. Plan meals and snacks. Keep a food journal of the food you eat, what time and your blood sugar levels after. Keep track of how different foods affect your sugar levels.
5. **Exercise daily.**
6. **Get checkups** at least once a year — they'll check your blood sugar, blood pressure, cholesterol and kidney function.
7. **Get an eye exam** each year.
8. **Call the doctor** right away when you notice red spots, swelling or cuts on your feet and hands.



**Is it time to refill your diabetes or blood pressure medicines?**

If yes, call your pharmacy to have it refilled. If you're out of refills, call your doctor right away.

# Don't lose your health plan!



## Check your mail and renew on time.

When it's time to renew your BadgerCare Plus or Medicaid SSI benefits, you'll get a letter in the mail.

### BadgerCare Plus

You'll get a letter about one month before the date you need to renew. If you don't renew by the date in the letter, you'll lose your health care coverage.

#### Renewal options:

- **Online:** Log in to your MyACCESS account at [access.wisconsin.gov](http://access.wisconsin.gov).
  - **By phone:** Call ForwardHealth Member Services at 1-800-362-3002 (TTY 711) Monday through Friday from 7 a.m. to 6 p.m. local time.
  - **In person:** Call or visit your local county or tribal income maintenance (IM) agency.
- To find an IM agency, either:
- Visit [www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm](http://www.dhs.wisconsin.gov/forwardhealth/imagency/index.htm).
  - Call 1-800-362-3002.



Download the [MyACCESS Wisconsin app](#) from the [App Store](#) or [Google Play](#) to check the status of your renewal application and upload important documents.

### Medicaid SSI

If you receive Supplemental Security Income (SSI) payments, you automatically get Medicaid and don't need to renew each year.

Your medical condition will be reviewed from time to time to make sure you still qualify for SSI benefits. You'll get a letter in the mail asking you to visit your Social Security office for the review.

#### Have questions?

Call 1-800-772-1213 (TTY 1-800-325-0778) from 7 a.m. to 7 p.m. on weekdays.



## Do more from your phone

Download these free mobile apps to take charge of your health and your benefits.

#### Anthem Medicaid app

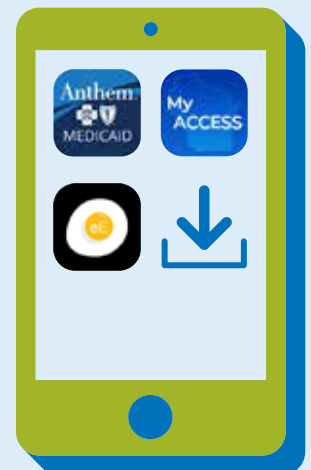
- Access your member ID card on your smartphone anytime.
- Find a doctor or pharmacy near you.
- Call a nurse to get answers to your health questions, 24/7.

#### MyACCESS app

- Connect to your BadgerCare Plus benefits.
- Check your application status.
- Get renewal reminders.
- Submit documents right from your phone.

#### ebtEDGE app

Have SNAP benefits? Use the ebtEDGE app to check your FoodShare (EBT) QUEST card balance and find eligible stores and farmers markets near you.



Get them on the [App Store](#) or [Google Play](#).



## 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 the Member Services number on your ID card. Or you can call our Member Advocate at **1-262-523-2424**.

ATTENTION: If you speak English, language assistance services are available to you free of charge. Call 1-855-690-7800 (TTY: 711).

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas están disponibles sin cargo. Llame al 1-855-690-7800 (TTY: 711).

ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-855-690-7800 (TTY: 711).

CEĒEB̄ TOOM: Yog koj hais lus Hmoob, kev pab rau lw̄m yam lus muaj rau koj dawb xwb. Hu 1-855-690-7800 (TTY: 711).

DIGTOONI: Haddii aad ku hadasho afka Soomaaliha, adeegyada caawimada luqadda waxaa lagu heli karaa iyagoo bilaash ah. Wac 1-855-690-7800 (TTY: 711).

ВНИМАНИЕ: Если Вы говорите по-русски, Вам будут бесплатно предоставлены услуги переводчика. Позвоните по номеру: 1-855-690-7800 (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 1-855-690-7800 (TTY 文字电话: 711)。

ကျေးဇူးပြု၍ နားဆင်ပါ - သင်သည် မြန်မာစကားပြောသူဖြစ်ပါက၊ သင့်အတွက် အခမဲ့ဖြင့် ဘာသာစကားကူညီရေး ဝန်ဆောင်မှုများ ရရှိနိုင်သည်။ 1-855-690-7800 (TTY: 711) တွင် ဖုန်းခေါ်ဆိုပါ။