

Mental health matters

Mental and behavioral health issues are very common.

According to the Centers for Disease Control and Prevention (CDC), 1 in 5 Americans will have one in the time span of a year.

They can affect the way you:

- Think.
- Feel.
- Behave.
- Interact with others.

You may have or feel one or more of these issues:

- Anxiety — feeling fear, dread or panic at certain times.
- Trouble paying attention or being overly active.
- Overly angry, defiant or trying to upset others.
- Sadness or guilt for long periods of time for little or no reason.
- Obsession with food or body image.
- Extreme and unbending personality issues that cause problems at home, work, school, etc.
- Reliving a traumatic event or situation long after it happens.
- Believing, seeing or hearing things that are not real or true.
- Using substances like alcohol or drugs to the point of hurting yourself or other areas of life (work, home, school, etc.).



Treatment may include:

- Psychotherapy, also called talk therapy.
- Medicine — like antidepressants, antipsychotics, mood stabilizers and more.
- Crisis intervention.
- Rehab, detox and methadone services.



If you or someone you care for shows signs of a mental health issue, the best thing to do is get help from a professional.



- You don't need a referral to see a doctor about mental, behavioral or substance use disorders. Just call and make an appointment with a provider who accepts Anthem. You may want to call a:
 - Primary care provider (PCP).
 - Community mental health center (CMHC).
 - Specialist like a counselor, therapist, psychiatrist or psychologist.

There are some treatments and services your PCP, center or specialist must ask Anthem to approve before you can get them. This is called prior authorization or preapproval. Your doctor will be able to tell you what they are.

- If you or a loved one feels like hurting yourself or others, call 911 or go the nearest hospital right away.
- To talk with someone about urgent issues that need immediate help, call the Behavioral Health Crisis Hotline at 1-855-690-7800 (TTY 711).



Having a drink? Know your limit.

Many people enjoy drinking alcohol. But too much can cause serious health risks. It's important to know how much is safe to drink at one time. Do you?

How much is too much alcohol:

Men

No more than two drinks per day on occasion.



Women

No more than one drink per day on occasion.

Pregnant women

Zero drinks — No amount of alcohol is safe to drink while pregnant.



Note: These limits are for a single day — not an average over many days.



When use becomes abuse — know the risks of excessive drinking

Drinking too much can cause:

- Alcohol poisoning (which can lead to throwing up, dehydration and a trip to the hospital).
- Liver disease.
- Stroke.
- Cancer.
- Violent or risky behaviors and bad judgement.
- Slower response times.
- Car crashes — never drink before you drive.

Underage drinking increases the risk of alcohol addiction.

Underage drinkers are also more likely to:

- Drink too much in a short amount of time and get alcohol poisoning.
- Have problems in school, including fighting and failing grades.
- Abuse drugs.
- And more.

Drinking while pregnant can seriously harm your baby!

Fetal alcohol spectrum disorders happen to babies when mothers drink while pregnant. This can cause:

- Abnormal facial features.
- Low weight and smaller head size.
- Intellectual and learning disabilities.
- Behavior problems.
- Trouble eating and sleeping.
- And much more.

Note: If you don't drink alcohol currently, the best thing for your health is not to start.

If you think you have a **problem drinking** too much alcohol, talk to your doctor.

You may have alcohol use disorder, also called alcoholism, if you:

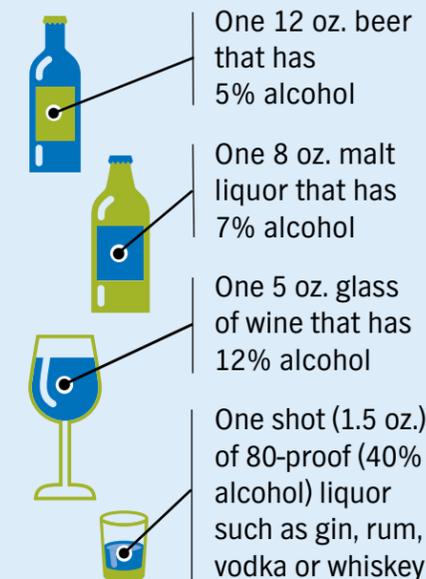
Are unable to stop drinking alcohol or limit yourself.

Have problems at home, work or school, yet still continue to drink too much.

Need to drink more to feel the effects of alcohol (feel drunk or buzzed).

Can't think about anything other than drinking.

What counts as one drink?



Common opioids you may know:

- Hydrocodone (Vicodin)
- Oxycodone (OxyContin)
- Tramadol (Ultram)
- Morphine (Kadian, Avinza)

Have you heard of the opioid epidemic?

According to the National Institute of Drug Abuse, around 926 people in Wisconsin died from opioid overdose in 2017. The number of people who take and abuse opioids has been rising since the 90s.

Here's what you need to know:

- Doctors may prescribe opioids for things like:
 - Back pain.
 - Recovery after surgery.
 - Pain from injuries.
- They're highly addictive — meaning quitting is almost never easy.
- You'll build a tolerance — meaning you'll need to take more and more to feel its effects over time.
- Taking too many can lead to:
 - Death — it can stop your breathing.
 - Increased pain sensitivity.
 - Depression, confusion and/or dizziness.
 - Nausea and throwing up.
 - Itching.
- Stopping too quickly can cause serious withdrawal.

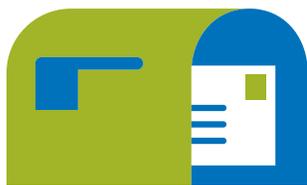


If you're taking opioids, know that there are other less risky ways to relieve pain. If you want help weaning off them, talk to one of these doctors:

- The doctor who prescribes your opioids
- Your PCP
- A CMHC



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.
- **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.
 - 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.



Need a ride?

Trouble getting to the doctor shouldn't stand between you and your health! That's why we offer free rides to and from nonemergency health care appointments.

If you don't have a car or other ride, contact Medical Transportation Management (MTM) at least two days in advance either:

- By phone: 1-866-907-1493 (TTY 711)
- Online: www.mtm-inc.net/wisconsin

For emergencies, always call 911.



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