## Quarter 3, 2019 My-Baath



## Brush up on your teeth cleaning skills

You know it's important to brush and floss every day. But have you been doing it correctly?

#### How to brush

- Remember 2x2 brush 2x per day for two minutes.
- Be gentle! Don't rush!
- Get every angle brush the top, outer, and inner sides and your gum line.
- Wait 15-20 minutes after eating to brush.
- Throw out your toothbrush as soon as bristles start to bend or fray.
- Choose a soft or extra soft toothbrush.

#### How to floss

• Clean between teeth 1x per day.



- Wrap floss around both middle fingers.
   Then hold each side with your thumb and index finger.
- To get between teeth, gently slide floss back and forth.
- Gently curve your floss around the base of each tooth.
- Use a clean section of floss in between each tooth.
- Use the same gentle, back-and-forth motion to remove floss from between teeth.



When was the last time you or your child visited a dentist? If it's been more than six months, call them today to schedule a visit.



#### Don't have a dentist?

For members in Kenosha, Milwaukee, Ozaukee, Racine, Washington and Waukesha counties, call Dentaquest at 1-888-271-5210 (TTY 1-800-466-7566) or visit www.dentaquest.com.

For members outside of Kenosha, Milwaukee, Ozaukee, Racine, Washington and Waukesha counties:

- 1. Go to www.forwardhealth.wi.gov.
- 2. Select **Members** in the middle of the page.
- 3. Scroll down and choose the **Resources** tab.
- 4. Choose Find a Provider.
- 5. Under Program, select **BadgerCare Plus/Medicaid**.

Or call ForwardHealth Member Services at 1-800-362-3002.

Member Services and 24/7 NurseLine: 1-855-690-7800 (TTY 711) www.anthem.com/wisconsin

### Vaccines take your best shot at healthy living

Most Americans have never and will never see the devastating effects of deadly disease outbreaks. That's because many of them have been prevented by immunizations, also called vaccines or shots. It's important to get all needed shots on time for you and your family.



#### Vaccines for your baby

Newborns and infants age 2 and under need the most vaccines. It's very important that you take your baby to the doctor at:

- 1 year,
- 4 months old
- 6 months old

• 2 months old

- 9 months old 0
- 1 year old
- 3 months old
- 1 year. 6 months old
- 2 years old

#### Vaccines for kids, teens and adults



Make sure every family member visits the doctor once a year for a checkup even if they're not sick.

The doctor may recommend that you come again for other shots, including:

- The flu shot.
- Human papillomavirus (HPV) shots for kids, teens and young adults.
- And more.



If you or your child is due for a visit, call the doctor today and schedule a checkup.

# Is your teen Vaping?

You may have heard that vaping isn't as bad for you as smoking, but that doesn't mean it's safe.

#### One thing's for sure,

vaping could be inhaling harmful chemicals from aerosols too. This includes things like:

- Nicotine.
- Formaldehyde.
- Diacetyl (known to cause lung disease).



- Toxic metals, like nickel, zinc, lead and chromium.
- And others, depending on your cartridge.

#### Why is nicotine so bad?

It can cause problems with brain development, memory, learning new things, concentrating and more.



It's highly addictive. Quitting is almost never easy. Teens are more prone to addiction than adults and have even more difficulty quitting. According to Health and Human Services (HHS),

**1** in **6** 

high school students were using vape pens in 2015.

# Talk with your teen about vaping and **kick the habit** early on.



Know the facts. Before the talk, learn about the different types of e-cigarettes and the health risks.

**Find the right moment.** Use teachable moments, like seeing someone vaping on TV or driving by an e-cigarette store, to ask your teen what they think about vaping.

**Use open-ended questions.** Start by asking open-ended questions like, "What do you think about vaping?" Remember, your goal is to have a conversation, not to deliver a lecture.

Set clear family rules about tobacco use. Let your teen know that you want them to stay away from all tobacco products, including e-cigarettes.

**Try role-play.** If you have a younger teen, it may help to teach your child how to say no to peer pressure through role-play.

**Ask for help.** Ask your child's pediatrician, teacher or a trusted adult friend to help you warn your teen about the risks of e-cigarettes.



No!

**Set a good example by being tobacco-free.** If you use tobacco, it's never too late to quit. For free help call the Wisconsin Tobacco Quitline at 1-800-QUIT-NOW. You can also find tips and tools for living tobacco-free on the Health & Wellness page at www.anthem.com/wisconsin.



Keep the conversation going. Videos and online tools are a great way to remind your teen about vaping health risks. You can easily share videos and webpages from e-cigarettes. surgeongeneral.gov through texting or social media.

### 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.

#### **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:

- $\cdot$  Qualified sign language interpreters
- $\cdot$  Written materials in large print, audio, electronic, and other formats
- $\cdot$  Help from qualified interpreters in the language you speak
- $\cdot$  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).

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ໝາຍເຫດ: ຖ້າທ່ານເວົ້າພາສາລາວ, ທ່ານສາມາດໃຊ້ການບໍລິການຊ່ວຍ
ເຫຼືອດ້ານພາສາໄດ້ໂດຍບໍ່ເສຍຄ່າ. ໂທ 1-855-690-7800 (TTY: 711).
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CEEB TOOM: Yog koj hais lus Hmoob, kev pab rau lwm 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 laguu 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 (ТТҮ: 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။.

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