

Quarter 2, 2020

# MyHealth



## Dealing with stress

Managing your mental health during times of crisis is not easy. But taking care of yourself and the people closest to you can help you cope.

**Knowing you're stressed is half the battle. Stress may come with:**

- Mood swings.
- Becoming quick-tempered or overemotional, which causes problems with family, friends or those you work with.
- Anxiety, such as fear and worry.
- Detachment, including avoiding problems and having trouble making decisions.
- Trouble sleeping or sleeping too much.
- Little to no hunger, stomach pain or even nausea.
- High blood pressure, which can make you feel like your heart is beating fast or you are breathing fast.
- Finding unhealthy ways to feel good, like overeating, drinking too much alcohol or using drugs.

### You can get help

If stress disrupts your life, your best choice is to get help from a professional. You don't need a referral for mental or behavioral health care. You can visit:

- Your primary care provider (PCP).
- A behavioral health specialist, like a psychiatrist or psychologist.
- A community mental health center.



### Three steps for less stress:

#### 1. Care for your mind

- Talk about it when you feel like talking. Talk about something else when you don't.
- Connect with friends, family or support groups. If it's not possible in person, try calls, texts or online/video chats.
- Avoid big or life-changing decisions if you can.

#### 2. Care for your body

- Eat healthy.
- Get enough sleep.
- Exercise every day.
- Try yoga, deep breathing or meditation.
- Avoid alcohol, drugs or taking risks.

#### 3. Care for your day

- Make a daily schedule.
- Do positive things that you enjoy, or learn or try something new.
- Limit the negative — keep most of your attention on positive news, social media, relationships and more.

**Member Services, Monday through Friday from 8 a.m. to 5 p.m. local time,  
and 24/7 NurseLine: 1-855-690-7800 (TTY 711)**

# Tips for being active anywhere, anytime

Think you need a fancy gym membership to get fit? Think again. There are lots of ways to work out safely and effectively on your own terms.

**With Anthem, you can get these two tools for free:**

## WW® digital voucher

Access to the WW website and smartphone app. With these tools you can:

- Track your food, activity and weight anytime.
- Connect with a WW coach and online community, 24/7. Call 1-855-690-7800 (TTY 711) to get started. (For members 18 and older.)



## FitnessCoach® Resource Library

Access over 1,000 articles and health tools.

Plus free educational videos like:

- Exercise training basics
- Exercises for stress management
- Exercising with chronic conditions
- And more!



## Some more 100% free apps to try:

- FitOn — Offers a great variety!
- J&J Official 7 Minute Workout — High intensity interval trainings (HIITs) for short, effective workouts.
- Nike Run Club — Great for running outdoors and even training for a marathon.
- Yoga for Beginners — Great for learning basic yoga poses, breath work and stretching.

If you have other health conditions, it's best to check with your doctor before you start a new or intense workout routine. If your fitness plan is too much, the doctor can help you make another plan that you can handle and enjoy.



# Help kids snack healthy



**Looking for a better summer snack the whole family will love?** Try frozen grapes. They are high in natural sugars and taste more like candy than fruit. They are also *really easy* to make!

## Frozen grapes

You will need:

- One bag of seedless grapes — either red or green
- A large strainer (optional)
- A large bowl

How to make it:

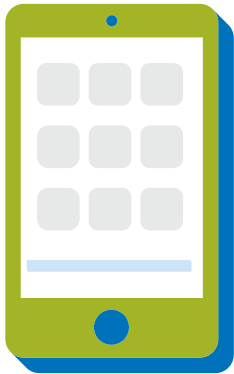
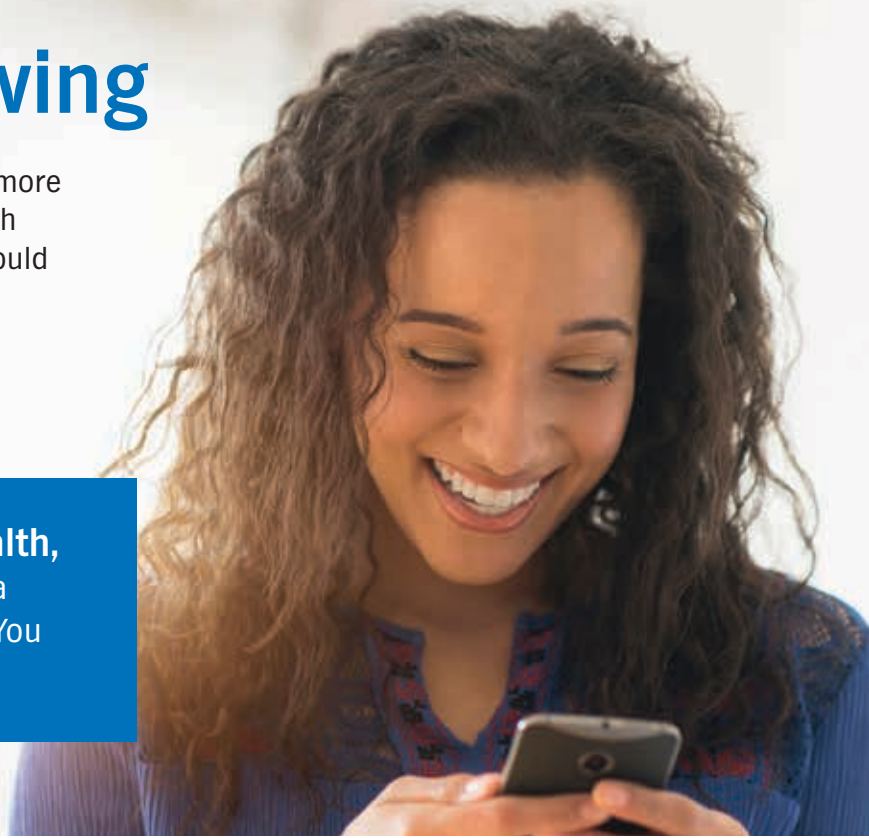
1. Leave grapes on the stems. Rinse well. Using a strainer is easiest so you can catch any that fall off the vine.
2. Put the grapes in a large bowl. Place the bowl in the freezer.
3. Freeze for 2-8 hours. Do not freeze for longer than needed — no longer than overnight.
4. Pull the grapes off the stems and enjoy.

# Telehealth is growing

With so many Americans staying home, more and more doctors and hospitals are offering telehealth. Which means even if you're stuck at home, your doctor could be just a call or click away:

- Over the phone.
- On your smartphone, using video chat.
- If you have a web cam, on your computer.

**To find out if your doctor offers telehealth,** call their office and ask. If they say no, ask for a referral to a doctor that does offer telehealth. You can also try a local hospital or another office.



## Manage all your health programs straight from your phone

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



### MyACCESS app

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



### 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.



### 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<sup>®</sup> or Google Play<sup>™</sup>.





# Don't forget to 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 ACCESS 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.

**Make renewal easier** — download the MyACCESS app from the App Store or Google Play to submit proof documents and check the status of your renewal application.

## 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.

**When your info or status changes,** we need to know ASAP using the same contact info above.



### Always let us know:

- If you move or your address changes.
- If your phone number changes.
- If you get married or divorced.
- If you have a baby.



## Need help beyond health care?

You can find assistance in your local area:

### Covering Wisconsin Community

#### Resource Guides:

[www.coveringwi.org/ccr](http://www.coveringwi.org/ccr)

- Nutritional food
- Child care
- Housing support

- Cash assistance
- And more

### Call 211 or 1-877-947-2211

You can also visit [211wisconsin.communityos.org](http://211wisconsin.communityos.org).

- Food
- Shelter

- Help with utilities
- Finding a job

### [www.auntbertha.com](http://www.auntbertha.com)

Just enter your ZIP code and search for free and discount services, like:

- Food
- Housing
- Transportation

- Job training
- Legal aid
- And more

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

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 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။