

New year, new perks from your health plan

Looking for new ways to lose weight and get fit?

Reach your health goals for the new year and beyond with these no-cost benefits from Anthem:

WW® (formerly Weight Watchers)



Sign up today and you'll get:

- **WW digital voucher** — access to the WW website and smartphone app. With these tools, you can track your food, activity and weight anytime. Plus, connect with a WW coach and online community, 24/7.
- **WW local workshop voucher** — lets you attend 13 weeks of in-person WW Workshops. Get expert support from a wellness coach and other WW group members.

Get started with WW today. Call 1-855-690-7800 (TTY 711).

FitnessCoach® — free online workout videos!



- Home workouts for all fitness levels
- Connect with trainers
- Access over 1,000 resources on healthy living

Create your account today. Visit
www.fitnesscoachresources.com/BCBSWI.



Don't forget about our other value-added benefits.

We still offer:

- **Healthy Rewards** — get debit card dollars for completing certain doctor visits and screenings.
- **A free cellphone** — including data, talk and text.

To learn more, call
Member Services.



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

www.anthem.com/wisconsin

What's your health status?

Don't forget your yearly wellness checkup!



Yearly doctor visits are important — even when you're not sick.

These visits are so your doctor can:

- Catch health problems early, often when they're easier to treat.
- Control or even prevent certain health issues.
- Give you general wellness tips, like diet and weight loss, quitting smoking, safe sex, and much more!

If you haven't had a checkup in the last 12 months, call your PCP and make an appointment.



Depending on your age and health history, the doctor may check things like:

- Height, weight and body mass index (BMI)
- Blood pressure
- Heart rate and listening to your breathing
- Vision screening and eye exam
- A full physical exam
- Reproductive health:
 - Prostate and testicular exams for men
 - Breast and pelvic exams for women
 - Checking for sexually transmitted infections (STIs) and diseases (STDs)
- Mental and behavioral health questions
- Blood tests to check cholesterol, blood sugar and more



Changes to BadgerCare Plus for childless adults

Did you know there are changes to BadgerCare Plus that affect adults ages 19-64 who don't have children under age 19? These new rules started February 1, 2020.

Some changes include:

- An emergency room copay for visits to the emergency room that are not an emergency.
- Monthly premiums (depending on your income).
- An optional health survey to help lower your monthly premium.
- A drug treatment question.

For additional details, go to the Wisconsin Department of Health Services at <https://mss.anthem.com/wi/benefits/medicaid-benefits/changes-to-badgercare-plus.html>.





Get rewarded for healthy habits

A healthy habit is any activity or behavior that can benefit your physical, mental, or emotional well-being. No matter your health status, there are things you can do every day to improve your health and quality of life.

Examples of healthy habits include:



Wearing a seatbelt.



Eating fruits and vegetables.



Exercising.



Not smoking.



Getting enough sleep.



Drinking plenty of water.



Attending yearly checkups and appointments.

New state rules started February 1, 2020 for adults ages 19-64 who don't have dependent children, including premiums (depending on income).

You can lower your premium by reporting healthy habits on the BadgerCare Plus Optional Health Survey.



Your answers won't affect your BadgerCare Plus benefits in any way.

How to take the survey

You can take the survey four ways:

- On the MyACCESS mobile app
- Online through your MyACCESS account at access.wi.gov
- By phone at 1-800-291-2002
- By printing out and mailing the form at dhs.wisconsin.gov/badgercareplus/publications.htm



Download the MyACCESS app today in the App Store or Google Play. Remember to enable push notifications to get important updates and reminders.

Feeling blue this season?

You're not alone.

Fall and winter means shorter days, less daylight, and often being pent up indoors. All these things and more can bring about seasonal depression, also called seasonal affective disorder (SAD).

Here are some things you can do to fight off depression:

Get treatment

Your doctor may try:

- Prescription medicine.
- Psychotherapy (talk therapy) with a psychiatrist, psychologist and/or with a support group.
- Light therapy — has been shown to help change chemicals in the brain that affect your moods and behaviors.



Things you can do on your own

- Get regular exercise.
- Take over-the-counter vitamin D (no more than 2,000 IU per day).
- Try yoga and meditation.
- Try a dawn simulator alarm clock (that wakes you up with gradual light like the sunrise).



The good news is seasonal depression often goes away on its own in the spring and summer. If symptoms don't improve, talk to your primary care provider (PCP) or a behavioral health specialist.



Know the signs:



Feeling sad, lonely or anxious throughout the day, most days

Feeling lazy or sluggish

Losing interest in activities you used to enjoy

Trouble sleeping or feeling extra sleepy

Weight changes and/or changes in your appetite

Trouble concentrating

Feeling hopeless, worthless, or guilty for little or no reason

Thoughts of death or suicide

Start your day right with hot cereal



Almost everyone loves oatmeal. But instant oatmeal that's flavored and prepackaged is often loaded with way too much sugar. Try buying old fashioned oatmeal (also called rolled oats) in bulk, instead. Then customize it by adding some of your favorite healthy breakfast flavors.

Rolled oats oatmeal

How to cook old fashioned, rolled oats oatmeal:

- Find a large, microwave safe bowl (that's deep enough so it won't boil over).
- Add $\frac{1}{2}$ cup of oatmeal.
- Add $\frac{3}{4}$ cup of water.
- Add a pinch of salt.
- Microwave on high for two minutes (watching to make sure it doesn't boil over).
- Using oven mitts, remove from microwave and let cool for two minutes.
- Stir before eating.

Choose your favorite healthy toppings to add and stir together:

- Cinnamon
- Spoon full of flax seed and/or chia seed
- Plain or Greek yogurt
- Banana, sliced
- Sliced berries, like strawberry, blueberry, etc.
- Walnut or pecan pieces
- If you need a sweetener, try a teaspoon of maple syrup, honey or brown sugar



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.



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.



Do more from your phone

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

Anthem Medicaid app

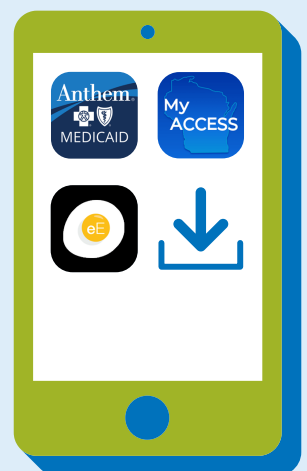
- Access your member ID card on your smartphone anytime.
- Find a doctor or pharmacy near you.
- Call a nurse to get answers to your health questions, 24/7.

MyACCESS app

- Connect to your BadgerCare Plus benefits.
- Check your application status.
- Get renewal reminders.
- Submit documents right from your phone.
- Pay premiums (if premiums apply to you).

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 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 lwj 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။