

Keeping your teeth healthy



Good oral health is important for good overall health. Here are some steps you can take to keep your teeth healthy.

Which ones do you already do?

Which ones can you start doing?

- ___ Brush your teeth twice a day with fluoride toothpaste.
- ___ Floss at least once a day to get rid of food pieces and plaque between teeth.
- ___ Replace your toothbrush every three months and after recovering from a cold or flu.
- ___ Choose healthy foods like vegetables, fruits, whole grains, lean meats and low-fat dairy products instead of cavity-causing foods like candy and soda.
- ___ Go to the dentist.

Q: How often should you and your child go to the dentist?
A: At least once a year

As members of Anthem Blue Cross and Blue Shield, adults receive a free oral exam and cleaning every year. Children's teeth go through several changes during childhood, so they receive dental visits once every six months.

How can you find a dentist?

Here's how you can get started with a dentist:

- For members in Kenosha, Milwaukee, Ozaukee, Racine, Washington and Waukesha counties:
 - DentaQuest now administers your dental benefits on behalf of Anthem.
 - To find a dentist in DentaQuest's network, call DentaQuest at 1-888-271-5210 (TTY 1-800-466-7566) 8 a.m. to 5 p.m. Central time Monday through Friday. You can also visit their website at www.dentaquest.com.
- For members living outside of those counties:
 - You can get dental services from any dentist who will take your ForwardHealth ID card.
 - To find a Medicaid-enrolled dentist:
 - Go to www.forwardhealth.wi.gov.
 - Choose the **Members** link or icon in the middle section of the page.
 - Scroll down and select the **Resources** tab.
 - Select the **Find a Provider** link.
 - Under **Program**, select **BadgerCare Plus**.

If you need transportation to your dentist appointment, you can call Medical Transportation Management (MTM) at 1-866-907-1493. Or visit their website at www.mtm-inc.net/wisconsin-website to schedule a ride online.



Wisconsin My Health Flier

Inside this flier, you'll find important information about the health plan and tips for living a healthy life. Thank you for choosing Anthem Blue Cross and Blue Shield as your health plan. We're committed to being your partner for a healthier life.

A flavorful way to drink more water



Choosing water over sugar-sweetened beverages like soda can help keep your teeth and body healthy. If you don't like the taste of water, adding fruit can help add flavor. Follow this simple recipe to help you stay healthy and hydrated.

Healthy recipe: Cucumber mint water

Makes 4 servings, 1 cup per serving

Prep time: 5 minutes

Ingredients

- ½ cup sliced cucumbers
- 1-2 sprigs of fresh mint
- Ice

Preparation

1. Fill a pitcher halfway with ice.
2. Add sliced cucumbers and mint.
3. Fill with water. Chill for at least 20 minutes before serving.
4. Store in refrigerator and drink within 24 hours.

Local happenings



We support Wisconsin communities!

Look to see if we have an upcoming event near you:

Back to School Fairs

- Green Bay: August 10, 2016
- Oshkosh: August 11, 2016
- Milwaukee: August 19 and 26, 2016
- Janesville: August 26, 2016

Call the Health Promotion team at 262-523-3680 for questions about any of these events. You can also call the Health Promotion team to suggest health-related events for Anthem to host or be a part of. We hope to see you soon!

Stay covered!

Why should I renew my benefits on time?

Renewing your benefits on time helps protect your health – and your wallet. Wherever you are in your health journey, keeping your health care coverage is important.

By staying covered, you will:

- Have access to free preventive care, like checkups, screenings and vaccines
- Be protected against unexpected medical costs from illness or injury
- Gain access to other helpful services that health plans offer, like disease management programs

Important advice for staying covered

The easiest way to keep track of your renewal date is to keep your address and phone number up-to-date. This will allow you to receive important reminders when your renewal date is coming up.

To update your contact information:

- For BadgerCare Plus members:
 - Create or log into your MyACCESS account at www.ACCESS.wi.gov.
 - Call or visit your county or tribal Income Maintenance (IM) agency. Steps for finding your IM agency are in the next section.
- For Medicaid SSI members:
 - Call or visit your local Social Security office. You can find your local office by calling 1-800-772-1213 (TTY 1-800-325-0778). Or by visiting www.ssa.gov.

How do I renew?

If you have BadgerCare Plus, you can renew in one of these ways:



- Create or log in to your MyACCESS account. Look for the alert that says **Benefit Renewals Due For**. Select the program name to start your renewal.
- Call or visit your county or tribal Income Maintenance (IM) agency. Call 1-800-362-3002 or go online to <http://dhs.wisconsin.gov/forwardhealth/imagency> to find the IM agency closest to you.

If you have SSI, you will not have to renew, but the Social Security office will review your medical condition from time to time. They do this to decide if you still qualify to keep your benefits. You will get a letter telling you to visit your Social Security office for the review. Follow the steps in the letter and respond to your reviewer when they ask for information.





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English For help to translate or understand this at no cost, please call **1-855-690-7800 (TTY 711)**.

Spanish Si necesita ayuda para traducir o entender esto sin costo, llame al **1-855-690-7800 (TTY 711)**.

Russian Если вам не все понятно в этом документе или нужен перевод, звоните по номеру **1-855-690-7800** совершенно бесплатно.

Hmong Xav tau kev pab txhais lus lossis xav kom nkag siab cov ntaub ntauv no yam tsis tau them nqi, thov hu **1-855-690-7800**.

The information in this newsletter is meant to educate. It is not meant as medical advice. Please check with your doctor for any advice about your health. Your health plan may not cover some types of care. Check your member handbook for details about what benefits your health plan covers and what it does not cover.

With the exception of www.anthem.com/wimedicaid, the websites referred to in this newsletter are websites of independent entities and not affiliated with Anthem Blue Cross and Blue Shield.

Copies of any type of member information are made available (at no cost) upon request for translation, Braille, large print or audio format. Just call Member Services at **1-855-690-7800**. We can answer any of your questions about your plan. If you have a hearing or speech loss, call the TTY line at **711**.