

Member Newsletter

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Message from the Plan President, Brian Maddy

What a colorful and beautiful fall we've had in Wisconsin this year! As we now enter the season of joy and gratitude, I want to express my thanks for trusting us with your healthcare needs. At My Choice Wisconsin by Molina Healthcare (My Choice), it is truly our pleasure to help you live your fullest life. Our team takes great pride in offering high-quality healthcare and services that promote independence, value diversity, and inspire self-advocacy.

But don't just take my word for it. Every year, we are reviewed by outside agencies to ensure we deliver on our promise to you. Just a few months ago, **the national outside agency called Metastar rated My Choice at 5 out of 5 stars** for our Family Care and Family Care Partnership programs. This is the highest possible star rating!

MetaStar praised My Choice on our team's hard work to make sure our member-centered plans are complete and correct.

This 5-star rating reflects the high-quality work we do each day for you! I am very thankful for all of our staff and for each of you. As we look forward to a new year, I hope you will rest easy knowing we are here for you, making sure you get the very best care that you deserve.



Brian Maddy
Plan President
My Choice Wisconsin
by Molina Healthcare, Inc.



News for Family Care and Family Care Partnership members

Get involved: Make a Community Connection!

Having strong connections to your community is linked to many physical and mental health benefits. There are many ways to get involved in activities you find meaningful and interesting!

Now is a great time to start thinking of ways you can connect with others in your community. For example, have you gone to your local senior center? What about joining a choir or dance group? You could also check out free programs at your local library. Try to think of interests, hobbies, and skills that could help lead to meaningful contact with others.

If you want to take part in activities in your neighborhood, talk to your care manager. We will help create a Community Connections goal in your Member Centered Plan. Then, we will complete at least one connection activity with you to help achieve your goal.

Let's get involved and have fun – together!

Way to Connect

Join these activities in your community:

- Book club
- Card playing group
- Board games
- Crafting club
- See movies
- Walking club
- Volunteer
- Work with kids
- Share your expertise
- Mentor

Seasonal employment opportunities: The joy of having a job

The holiday season is here! Now is a perfect time to find seasonal employment opportunities. If you want to find a job, talk with your care team. We can help you find a good match.

2025 Medicare Dual Advantage Benefits

If you are a My Choice Wisconsin Medicare Dual Advantage member, we want to make sure you know about some exciting new benefits that you can access in 2025!

Here are some of the helpful benefits you get through My Choice Medicare Dual Advantage:

- \$2,500 per year in dental coverage
- \$50/month toward healthy food (for those who qualify)
- \$100/month for over-the-counter items (vitamins, pain relievers, wipes, cold medicine, incontinence supplies, and much more) or transportation to and from medical visits
- Wellness rewards toward healthy food
- Hearing benefit including an annual exam and two pre-selected hearing aids every two years)
- Fitness benefit
- \$200 for eyeglasses and contacts
- 56 meals/year following a hospital or nursing facility stay
- Emergency Response Button which can also be used for non-emergency needs
- \$10,000 Worldwide Emergency/Urgent care coverage outside the United States including emergency transportation and post-stabilization care
- Prescription drug coverage
- Coverage for Medicare Parts A and B

To learn more, visit mychoicewi.org.

Not sure if you qualify? Call today at 1-800-963-0035 (TTY: 711) and ask for a Medicare Advisor.



A message from Chief Medical Officer Dr. Raymond Zastrow

Make time to get your annual flu and COVID shots

With the cold and flu season upon us, we are seeing more virus infections in Wisconsin. It is important we all do our part to protect ourselves, our loved ones, and each other by taking time to get the vaccines that prevent the flu and COVID. Although vaccines do not prevent all types of infection, they can reduce how bad your illness could be. Every person over the age of 2 should get a flu and COVID vaccine every year. The more all of us that get these shots, the less likely any of us will get sick.

I strongly encourage you to get a flu and COVID vaccine this year. If you have questions, please reach out to your Care Team or your doctor.

Together, we can prevent the spread of illness.

Learn more at [cdc.gov/respiratory-viruses/downloads/RVG-Summary-Graphic-508.pdf](https://www.cdc.gov/respiratory-viruses/downloads/RVG-Summary-Graphic-508.pdf)



Notice of important member benefit materials

The My Choice Wisconsin Family Care/Partnership **Member Handbooks, Provider Directory, and Notice of Privacy Practices** are available online by visiting: www.mychoicewi.org

The **Member Handbook** has information about:

- Your benefits as a member
- our member rights and responsibilities
- How to make a grievance or file an appeal
- Privacy Practices

The **Provider Directory** has information about:

- Primary Care Providers
- Mental Health Providers
- Hospitals
- Residential Services

Member materials on our website are available in paper form, without charge, and upon request within five (5) business days. If you would like a printed copy of the Member Handbook, Provider Directory, or Notice of Privacy Practices mailed to you, you may call 1-800-963-0035, 7 days a week, between 8 a.m. and 8 p.m. (TTY users should call the Wisconsin Relay System at 711.)

Blueberry banana overnight oats

Make before going to bed so you can enjoy it for breakfast

What you need

One glass container. You might want to use a jar with a lid. The jar should be able to hold at least three cups.

Ingredients

- 1/2 cup uncooked old-fashioned rolled oats
- 1/2 cup low-fat yogurt (plain or your favorite flavor)
- 1/2 cup low-fat milk
- 1/2 cup of blueberries, fresh or frozen*
- 1 small banana, sliced

*You can use sliced strawberries, diced apples, or your favorite fruit!

Directions

- Stir together oats, yogurt, and milk then place in jar
- Add a layer of banana slices
- Add a layer of your fruit
- Cover your container
- Put in the refrigerator for 6 - 12 hours
- Mix before eating - enjoy cold or warm
- Add your toppings of choice, including more fruit, nuts, or granola

Makes one serving



Greetings from the MAC

Nothing about us without us



My Choice Wisconsin was a proud sponsor of the 2024 Wisconsin Self-Determination Conference. This annual conference is one of the biggest events in Wisconsin for people with disabilities and the people who support them. It helps people with disabilities discover and use their voices to advocate for their best self-determined lives. This year there were about 800 people in attendance. The theme was “A Seat at the Table: Nothing About Us Without Us.”

We were represented by six members of the Member Advisory Committee (MAC): Kristi S., Patrick Y., Carley V., Tanya R., Savanna H., and Duazong H.). Two members from the regional advisory committees and three My Choice staff also attended. Many of our MAC members were even presenters or led workshops at the conference!

Everyone at My Choice salutes our members for sharing their expertise, teaching others, and bravely standing up to be heard.



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Greetings from the MAC

Congrats to our Award Winner

Member Brett M.

was awarded one of the four Diehard Awards presented by the Wisconsin Board for People with Developmental Disabilities. The Diehard Awards were presented at the 2024 Wisconsin Self-Determination Conference to people who have a strong commitment to self-determination and have made significant contributions as advocates in Wisconsin. Congratulations, Brett! We are all cheering for you!

