



# Chorus Coverage

## Member Newsletter

### Welcome to the First Edition of Chorus Coverage

We are happy to share our new newsletter with you! This newsletter will give valuable information and updates for our Chorus Community Health Plans (CCHP) members. Stay tuned for exciting news and helpful tips!



## Member updates

### Annual Wellness Visits

It's important to see your provider every year, even if you feel fine. During your annual wellness visit, you will get important check-ups, vaccines, and tests to help you stay healthy.

Learn more about wellness visits, how to schedule a wellness visit and more here: [chorushealthplans.org/annual-wellness-visits](https://chorushealthplans.org/annual-wellness-visits). Download our [Annual Wellness Visit Checklist](#) to bring to your visits.



### Medicaid Expansion

We are excited to announce that our BadgerCare Plus service area has expanded into 13 additional counties as of January 2025. These counties include Adams, Columbia, Crawford, Dane, Iowa, Juneau, Lafayette, Marquette, Menominee, Portage, Richland, Sauk and Vernon.

## Health Care Experience Surveys - Your Experiences Matter!

The Health Care Experience surveys will be sent out by the Press Ganey Company from February to April 2025. In this survey, you will be asked to share how you feel about your providers, CCHP and customer service from the past 6 to 12 months. You can complete the survey by mail, phone, or online using a QR code or link.

Please take a few minutes to fill out the survey and give Chorus your best rating!



## Case management services

### Healthy Lifestyles

Our Case Management team helps our members who have challenging health and social needs. These can make it hard for them to be as healthy and happy as they can be. We are here to support them on their journey to better health and wellness.

Case Management can help assist with:

- providing educational materials about a health condition or disease
- helping with medication management
- ensuring you are speaking with the right doctor
- scheduling appointments
- getting access to community resources
- setting health and wellness goals

Programs are free, voluntary and member-centered. To learn more call (414) 266-3173.

CCHP's health programs are opt-out programs. If you meet program specific criteria and have current CCHP coverage you are automatically enrolled, this means we may reach out to you with services that might support you.

If you are looking for support or to access one of our case managers please call 414-266-3173 or email us at [healthpromotion@chorushealthplans.org](mailto:healthpromotion@chorushealthplans.org).

To learn more on our programs, eligibility, or to opt out visit <https://chorushealthplans.org/our-plans/health-programs>.



## Community events

### Upcoming

#### Car Seat Safety Checks

When: March 6 & April 3, 2025

Where: Outreach Community Health Centers Building 220 W Capitol Drive, Milwaukee WI 53212

This safety check will ensure your car seat is safe and installed correctly. You will meet with a technician to answer any questions you have and talk about when it's time for your child to move to the next car seat.

### What we've attended

#### Celebrating Hmong New Year

We had the opportunity to interact with over a thousand community members and complete 138 blood pressure and blood glucose screenings! We had a great time and hope to see you there next year.



## Vendor spotlight

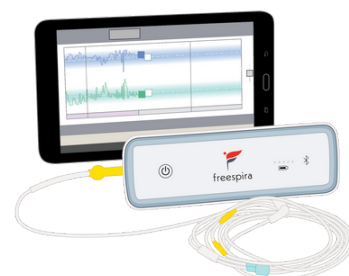


### Fast, life-changing relief for panic attacks and PTSD symptoms

Introducing Freespira, a medication-free treatment you can do at home. It combines a medical device with coaching support to teach healthy breathing patterns. It effectively stops or reduces panic attacks and PTSD symptoms in just 28 days. It's available to Chorus Community Health Plans members at **no extra cost**.

With Freespira, you'll practice new ways to breathe for 17 minutes twice a day. You'll also work virtually with a coach each week.

[Check your symptoms](#) now to see if Freespira can help. Or visit [freespira.com/cchp](https://freespira.com/cchp) to learn more.



*Freespira was a lot different than what I thought it'd be. It has truly been life changing.*



## Ask our doctors



**Dr. Kelly, Dr. Jim and Dr. Deb are here to answer your questions. Have a question you want them to answer? Submit it here:**  
[chorushealthplans.org/ask-our-doctors](https://chorushealthplans.org/ask-our-doctors)



### Is a Full-Body MRI Helpful for Staying Healthy?

Getting a full-body MRI scan when you feel fine is not usually a good idea. MRIs are very detailed and can find tiny things in your body that are not dangerous, like small scars from a cold or harmless cysts. Most of these things will never cause problems, but finding them can lead to more tests and even risky procedures. These extra tests can make people worried for no reason.

Right now, there is no proof that full-body MRIs help people live longer or healthier lives. Until studies show they do more good than harm, doctors do not recommend them for healthy people.

### When Should I Get My First Bone Scan?

Doctors usually recommend a bone scan, called a DEXA scan, for women at age 65. But if you have risk factors—like breaking a bone before, being very thin, smoking, drinking too much alcohol, taking certain medicines, or having a condition like arthritis—you might need one earlier. Some men with health problems may also need a bone scan.

The best way to know when to get your first bone scan is to ask your doctor. This is a great question to bring up at your yearly check-up!

## Resource Center

Make the most of your Chorus Health Plan with these helpful digital tools!

**Provider directory**

**CCHP website**

**Career opportunities**

CCHP Member Advocates are available to answer questions regarding CCHP services and programs. They can also assist with finding a provider.

To reach a Member Advocate call 1-877-900-2247 or email  
[CCHPMemberAdvocates@chorushealthplans.org](mailto:CCHPMemberAdvocates@chorushealthplans.org).