



Chorus Coverage

Member Newsletter

Welcome to the 2025 Fall Edition of Chorus Coverage

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



Member Updates

Vaccine Information and Resources

At CCHP our care teams provide clear, reliable guidance to help parents make informed decisions about vaccinations, especially for children with chronic or complex health conditions.

Learn about what vaccines your child has already received and which vaccines your child might be due for by:

- Calling your child's doctor.
- Checking online. The Wisconsin Immunization Registry (WIR) webpage offers a Public Immunization Record Access portal, which is free to use and does not require any registration.
 - The WIR portal is available in [English](#), [Spanish](#), and [Hmong](#).
 - Learn more: WIR Information for Parents (available in [English](#), [Spanish](#), and [Hmong](#)).

For more information on vaccines, visit the [CCHP website](#).

CCHP Summer Event Recap

This summer, we had the wonderful opportunity to connect with our community through a series of sponsorships and events that brought our members, neighbors, and partners together. From engaging conversations to fun activities, these events give us the chance to strengthen relationships, celebrate our community, and hear directly from you—our members. Thank you to everyone who joined us and made these events such a success! See below for a recap of some of our big events!

Milwaukee PrideFest

CCHP served as proud sponsors alongside Children's Wisconsin for PrideFest Milwaukee 2025. During the event, CCHP hosted a booth on site, sharing information on health insurance offerings, but also helped celebrate with fun giveaways, health screenings and a rainbow thumbprint activity.



Juneteenth Festival

CCHP served as proud sponsors alongside Children's Wisconsin for Juneteenth, showing up at the Milwaukee Juneteenth Festival to celebrate this monumental holiday in the community.

During the event, we hosted a booth on site, sharing information on health insurance offerings.

A Chorus BadgerCare Plus Mom shared with us at the event “I have Chorus Community Health Plans insurance for my babies. Thank you for taking care of them!”



CCHP helped celebrate with those present through a thumbprint activity that involved people adding an impression of their thumb to a design meant to highlight 54 years of Juneteenth.

Green Bay Kids Day

CCHP joined Children's Wisconsin and Emplify by Bellin Health to celebrate how we strive to expand access to health care throughout the state of Wisconsin. In total, our team members had nearly 500 interactions with those celebrating, helping us make more connections with our families in Northeast Wisconsin.

Mexican Fiesta

CCHP served as proud sponsors alongside Children's Wisconsin for Mexican Fiesta. We hosted a booth and showed up to provide education on programs and services and provided free health screenings to the community. In total, we conducted 1,000 health screenings for blood pressure and blood glucose!



Brown Deer Farmers Market

Since 2018, CCHP has been proud to support and sponsor several programs at the Brown Deer Farmers Market. It's been another successful farmers market season highlighted by the ever-growing Gobble Your Greens program, the Taste it Tent, and WIC market match.

Gobble Your Greens is a produce for kids program, where school-age kids can get \$3 in tokens to buy fresh, healthy foods at the market. Market shoppers can also get their SNAP and WIC dollars doubled up to \$25 when using their EBT card. The Brown Deer Farmers Market serves the surrounding communities where roughly 33,000 Chorus members live.

CCHP Summer Celebration

This July, we hosted our 3rd annual Summer Celebration Slam Jam at The Missing Peace Community Collective, welcoming nearly 200 community members for a day of connection, wellness, and fun. From free health screenings and food giveaways to kids' crafts, yoga, Zumba, and haircuts, the event made it easy for families to access the resources they need to stay healthy.





Care Management Services

Healthy Mom, Healthy Baby Program

Thinking about starting or growing your family? CCHP has many resources for members who are pregnant or thinking about becoming pregnant! We have a team of care managers who can help you prepare for your new baby. You can also earn over \$100 in incentives when you attend your prenatal and postpartum visits, and partner with our Healthy Mom, Healthy Baby program.

NEW We now offer a \$25 incentive for attending a prenatal visit with your doctor in your first 12 weeks of pregnancy. Click the button to check out our redesigned website for more information on pregnancy resources and our CCHP pregnancy program!

[**HMHB Website!**](#)

Access to Care Management

Our Care 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.

Care 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 care managers please call 414-266-3173 or email us at healthpromotion@chorushealthplans.org.

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



Community Events - Upcoming!

Hmong New Year

When: December 13 and 14, 2025

Where: Wisconsin State Fair Park Exposition Center | 8200 W Greenfield Ave, West Allis 53214

Join us for a weekend full of culture, community, and celebration. We will be onsite providing helpful information on our programs and services —we hope you'll stop by and see us! For event details, visit the [Milwaukee Hmong New Year Facebook page](#).

Freespira Webinar

When: October 15, 2025 | 1:00 – 1:45 pm CST

Where: Online (link provided after registration)

[Click here to register!](#)

Finding Relief: Understanding Panic, PTSD, and the Power of Your Breath

Panic attacks and PTSD can feel overwhelming, but there is hope. Join Freespira for a free, live webinar led by a clinically trained Freespira Care Specialist to learn:

- How to recognize symptoms of panic and PTSD
- Why traditional treatments don't always go far enough
- How Freespira works to retrain your body's stress response
- Real stories from people who've found relief



Vendor Spotlight

Foodsmart - Healthy Food on a Budget

Busy school schedules, sports practices, and fall activities can make finding time to eat well feel overwhelming, so our partner Foodsmart is here to help with a nutrition plan that works for your family and your budget. Click on some of the many recipes below to see what Foodsmart can provide for you!

- [Wake-Up Smoothie](#)
- [Overnight Oatmeal](#)
- [Creamy Avocado & White Bean Wrap](#)
- [Slow Cooker Asian Beef](#)



Connect with a [Foodsmart](#) registered dietitian by phone or video — at no cost to you, covered by CCHP — and learn how to make mealtime less stressful. They will help boost your grocery budget with \$50 for healthy food* after your first visit + \$25 after every follow-up!

*For information about Foodsmart Bucks and how to redeem your digital grocery money, [click here](#).



Ask Our Doctors



Dr. Kelly 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.

How does one calculate the correct daily water intake?

In addition to the water we get from foods, men should drink about 5 cups of water daily, and women should drink about 4 cups of water daily. If you are exercising, you have a fever, or it's very hot, you will need to drink more water. If you are urinating at least every 2 hours during the day, you are probably well hydrated.

There are so many vitamins and supplements that people take. If I eat a well-rounded, plant-based diet, do I need these?

A well-rounded, whole-food, plant-based diet can provide most of the nutrients your body needs—think vegetables (especially leafy greens and cruciferous veggies), fruits, legumes, whole grains, nuts, and seeds. The one nutrient you'll definitely need to supplement is vitamin B12, since it's only found naturally in animal products. Vitamin D may also be helpful, especially during Wisconsin's long, low-sunlight winters (this is true for everyone, not just plant-based eaters). Omega-3s (DHA/EPA) are sometimes recommended for brain and heart health, though it's debated whether supplements are necessary if you're getting enough from plant sources like flax, chia, and walnuts. While iron, calcium, and zinc are often mentioned, research shows that people following a whole-food, plant-based diet don't usually have greater deficiencies than the general population. Supplements can help fill small gaps, but your doctor can guide you on what's right for you—especially at your annual wellness visit.

Resource Center

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

Provider directory

CCHP website

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.



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