

# Access **KID'S** Health

A Health and Safety Newsletter for Members of Child Health Plan Plus, offered by Colorado Access

## Health Insurance and You

With health insurance, you have peace of mind knowing that you're covered. But some people don't have it. The goal of the Accountable Care Act (ACA) is to lower that number. Health insurance is important for sudden health problems or accidents. It also gives you access to preventive care. Preventive care helps you stay healthy, before things get worse. Health insurance can help you live a longer and healthier life. Having it can help make it easier to get an appointment with your provider.

There are many places in Colorado that help people find the health insurance they need. These places are called

Certified Application Assistance Sites (CAAS) and can also help you determine Presumptive Eligibility. Presumptive Eligibility (PE) is a program that gives instant healthcare coverage for at least 45 days for children 19 and under as well as pregnant women. While you have PE, you'll learn if you qualify for Medicaid or CHP+. These sites can also help you complete the Medical Assistance application to apply for Medicaid and CHP+.

To find out where your nearest Certified Application Assistance Site is, visit [colorado.gov/apps/maps/hcpf.map](http://colorado.gov/apps/maps/hcpf.map) or call 1-800-221-3943.



1-888-214-1101

[www.coaccess.com](http://www.coaccess.com)

1-888-803-4494 (TTY)



## Ask Dr. Berman

*Dr. Berman is a Pediatrician  
and Sr. Medical Director at  
Colorado Access*

*“I’ve had a bad experience at my PCP’s office, what  
should I do?”- Concerned Parent*

If you’ve had a problem with your Primary Care Provider (PCP) in the past, it might make you feel like not going back. Maybe you felt rushed or ashamed when you asked questions. Whatever happened, it’s important to have a good relationship with your PCP. Your PCP will be very respectful. He or she will also be willing to listen to your concerns.

Building a bond lets you feel more relaxed to ask questions. The more you get to know each other, the more your PCP can care for your child’s health needs. Research shows that people who bond with their providers improve more than those who don’t. It’s okay to discuss your concerns with your PCP. The only way to correct the problem is to make sure your PCP knows about it.

You should get the care you need in a setting where you are at ease. It can take time to find the PCP that’s the best fit for you and your child. You can change at any time. You just need to make sure that your PCP is part of our network. Visit our website at [coaccess.com](http://coaccess.com) or call us at 1-800-511-5010.

## Taking Care this Flu Season

Flu season peaks in January or February. It’s never too late to get a vaccination, and it’s included in your CHP+ offered by Colorado Access health plan. The Centers for Disease Control and Prevention recommends that everyone 6 months or older get a flu shot. This is the best way to protect you and your family from the flu. It can take one to two weeks for the shot to become effective, so get it as soon as possible!

Another helpful thing you can do to keep from getting sick is to wash your hands well. Wash with warm, soapy water and sing the “Happy Birthday” song two times through. Do this often, especially before eating and after sneezing or coughing.



## Covered Benefits

*By Bethany Himes, Executive Director of  
CHP+ offered by Colorado Access*

Hi moms and dads! January is full of excitement as we begin the New Year. I want you to know that we are always looking for ways to improve services for you and your child.

### Look at what Colorado Access is doing for you:

#### Food for shots

This is a great way to make sure your child is up to date on immunizations AND get healthy food! If your child is between the ages of 12 months and 24 months and a CHP+ offered by Colorado Access member, send us proof that they are up-to-date on their shots. We’ll send you a \$10 grocery gift card!

#### Flu shots/immunizations

Your CHP+ offered by Colorado Access health plan covers all regularly scheduled childhood shots. This includes flu shots, too! Stop by any Walgreens with your CHP+ insurance card. Depending on your plan, you may not even have a copay.

#### Care management

Care management is a way that we help members with serious illnesses or injuries. A serious illness or injury can be very hard to deal with. Having someone to work with often makes things much easier.

#### Behavioral Health

The CHP+ offered by Colorado Access health plan covers mental health and substance abuse services. Call us toll free to find out more: 1-888-214-1101 or view your Member Benefits Booklet at: [coaccess.com/chp-member-information](http://coaccess.com/chp-member-information).

If you or your child do get sick, be sure to stay home and rest. Do not go to work, school, or daycare until you’ve been without a fever for 24 hours. When caring for a sick family member, try to avoid direct contact. Do not share food, drinks, or utensils. Remind everyone to wash his or her hands, too.

### DID YOU KNOW?

Your CHP+ plan covers immunizations,  
care management and behavioral health!

# Paw Prints



Hi, Kids!

Unscramble the words below to make a real word!

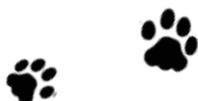
If you get stuck, look for hints in the word bank!

Jumbled word:      Real word:

lahhet	
nru	
ropsts	
ewart	
sguln	
ybdo	
reah	
odcrot	
aertg bjo!	

Word bank:

body
doctor
health
run
great job!
heart
water
lungs
sports



**Color in  
Safe T. Tiger**

## What?

A Random Fact for Adults

A sneeze can travel up to 100 mph. This is a great reason to sneeze into your elbow or use a tissue!



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Call Safe T. Tiger to hear a monthly safety tip at 1-888-TIGER-10