

Stages

Stages is a health and safety newsletter for members of Child Health Plan Plus offered by Colorado Access

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COPAY INCREASE!

Your copays may soon be changing. On July 1, copays will be changing for most healthcare services you receive. A new member ID card will be sent to you. This will include your copay information. You can find more information at coaccess.com/chp-member-information.



888-214-1101
888-803-4494 (TTY)
coaccess.com/chp

Delta Dental Benefits:
coaccess.com/chp-member-information

If you need this newsletter in another language or in large print, call us at 303-751-9021, toll free 888-214-1101 or TTY for the deaf or hard of hearing at 720-744-5126 or toll free at 888-803-4494.

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Denver, CO 80217-0470

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GET OUTDOORS!

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THREE REASONS TO GET OUTDOORS

There are many reasons to get outside and enjoy the good weather. Did you know it is also good for your health? Here are three reasons for you and your children to get outdoors more this summer:

1. **Vitamin D** - A big reason to move outside is to get more Vitamin D. The sun gives this. With Vitamin D, you can have a healthy immune system. Without Vitamin D, you are more at risk for some health problems, like heart disease or cancer.
2. **Better Sleep** - Our sleep patterns are regulated by an internal body clock which is tied to the sun's schedule. Too much time indoors can mess with this inner body clock, and cause you to not sleep very well.
3. **Exercise**. - Sitting around indoors too much can be harmful to your health. Get outdoors and go for a walk, or go to the nearest park to play with your friends. Exercise can help prevent some health problems like obesity, diabetes, or back pain. The U.S. Department of Health and Human Services recommends *one hour a day* of physical activity for children.

Facts

- Children spend more than 7.5 hours a day in front of a screen (TV, videogames, computer)¹

1- from the President's Council on Fitness, Sports & Nutrition

PROTECT YOUR MEMBER ID CARD

The member ID card you get from your health plan should never be loaned or sold. Sharing this card is against the law.

To help protect your child's information, follow these easy steps:

- Guard your child's member ID card. Sharing the card with someone can put you at risk. Don't share it with anyone. If someone gets health care using your child's name or information, you might not be able to get care when you need it.
- Treat your child's member ID card like a credit card or driver's license. Keep it in a safe place.
- Don't let anyone else use the member ID card. Be sure to watch out for people looking over your shoulder when you use the card at a pharmacy, doctor's office, or other public place.
- Don't share your child's information in exchange for free gifts or services. If someone uses your child's information, money that should be used to pay for your child's care is being stolen.

You will know that you are a victim of medical identity theft or fraud if you:

- get a bill for medical services your child didn't get;
- are contacted by a debt collector about medical bills you don't owe;
- see medical collection notices on your credit report that you don't recognize;
- are told by your child's health plan that you've reached the limit on benefits; or
- you've been promised free goods, such as medical equipment or gift cards, for providing your child's medical identification to someone.

WHAT TO DO IF YOU THINK YOUR INFORMATION WAS STOLEN

If you lose your child's member ID card or if it is stolen, call us right away. The new card will come in the mail in a few weeks.

IF YOU SUSPECT FRAUD - TELL US! HERE'S HOW:

You can send an email to compliance@coaccess.com or call the Colorado Access Medicaid compliance officer at 720-744-5462 or to stay anonymous, call our compliance hotline at 877-363-3065 (toll free).

COLORADO MEDICAID CHANGES NAME

This summer Colorado Medicaid is changing its name to Health First Colorado. This change does not affect CHP+ offered by Colorado Access members. If you have Medicaid, your coverage, benefits and choice of providers stay the same. Current cards are still valid, so you do not need to get new ones.

Learn more about Health First Colorado at Colorado.gov/hcpf/hfc.

BE SAFE THIS SUMMER

By Dr. Berman, pediatrician and senior medical director at Colorado Access

Summer is here and it is time to get outdoors and enjoy the great weather. Getting outdoors is good for your health, but it is also important to be safe. Riding a bike can be fun, but are you wearing a helmet? More than one third of all bicycle-related injuries happen to children, and some could be prevented with the right precautions. Wearing a helmet is important – for children AND parents. As a parent, you can set a good example for your child when you wear a helmet.

Wearing a bike helmet can reduce head injuries by 85 percent. No one plans to get in an accident while riding a bike. That is why it is important to protect yourself from the unexpected. A head injury is a serious thing and can have bad consequences. Some injuries can affect you for the rest of your life. When riding a bike, obey traffic laws and watch out for cars too. But, above all else – wear a helmet!

MAKE SURE YOU ARE COVERED!

By Bethany Himes, executive director of CHP+ offered by Colorado Access

Hi moms and dads! We are now well into the summer months and it is time to enjoy this nice weather. Using your CHP+ offered by Colorado Access benefits can keep you healthy and safe, but what happens when you are too old for CHP+?

Health coverage with CHP+ ends on a member's 19th birthday. To stay safe and make sure you have health coverage when you need it, you need to think about what to do after your CHP+ health coverage ends. The law says that you may have to pay a fine if you don't have health insurance.

Any care that you might need can cost you hundreds or thousands of dollars out of your own pocket.

We can help! If you know anyone who needs health insurance, or if your child's CHP+ health coverage is going to end soon, call us. Our Access Medical Enrollment Services team can help you make sure you are covered when you need it. Call them at 855-221-4138, or visit coaccess.com/ageout for more information.

Keep in mind, when you go outside, you should always protect yourself with sunscreen and a hat, and don't be in direct sunlight for long periods of time. The American Academy of Dermatology suggests a broad-spectrum sunscreen with an SPF (sun protection factor) of 30 or higher.

FIND A PROVIDER

To find a list of Colorado Access providers near you, visit us at: coaccess.com/chp.

Our online provider directory tool can also tell you:

- Which providers are in your area
- The languages spoken, other than English, by the provider
- Which providers are accepting new patients (call the provider to make sure)





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COMMUNITY OUTREACH

We don't just work in a building; we're out in the community talking to Coloradans about their healthcare needs. You'll find us at health fairs, community fun runs and local festivals. Look for us and find out more about what we have to offer.

**WE'RE OUT IN
THE COMMUNITY**