

Stages

A health and safety newsletter for
members of Child Health Plan *Plus*
offered by Colorado Access

SUMMER 2017

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

Delta Dental Benefits:
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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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SCREEN TIME

You have probably heard the term “screen time,” but what is it and why is it important? Screen time is any time your children (or you) are using an electronic device. This includes the computer, TV, smart phone or tablet. With summer close, screen time usually increases. It is important to know how much screen time your child is getting. It can affect their sleep and social time. The more screen time they have, the less physical activity they are getting. It can also influence attitudes and behaviors. There is no “right” amount of screen time. It is important that the screen time they do get is quality time. Educational shows or computer games are good. Make sure to talk to your child about screen time and why it is important to limit it. You can come up with other ideas for activities together.



SUMMER CARE

Summer is almost here! You might be getting ready for a vacation or just some family time at home. One thing that is important to keep in mind during the summer months is behavioral health. It is easy to think that the break from school is good for your child's behavioral health. While the break might be nice, it can also be hard for some. A change in routine can be a challenge. If possible, children should go to sleep and wake up at the same time. They should be doing activities that challenge their brain. Reading books, practicing math problems or writing stories keeps their brains active. Have them try different activities, like cooking. They can try the recipe on page # to start. If you notice a change in your child's mood, it might be good to talk to their doctor. If summer is the time for their well-child check, make sure they get a behavioral health screening. Talk to your child as much as you can about how they are feeling. You want them to have a fun and relaxing summer. Paying attention to their behavioral health is an important part of this. If you have questions, call us at 303-751-9021 or 888-214-1101. We can help connect you to resources or providers.

CARE MANAGER SPOTLIGHT



Meet Mary. Mary is a care manager who works on the emergency department transitions of care team. She works with many members of all different ages. One of the things she loves about her job

is that no day is ever the same. She gets the chance to speak to different members every day. She loves that she gets to help people find the resources they need. Mary has worked with us for four years. She has her bachelor's degree in psychology and is a fourth generation Colorado native. As a native, Mary likes to visit all of the beautiful sights in our state. She lives close to the mountains so likes to spend time there with her "wonder dog," Zoey. Her love for the outdoors makes her passionate about preserving nature and our national parks. She is the oldest

of five children. Coming from a big family taught her how to work in a large team to help others. The people who inspire her are her mother and grandmothers. She admires their strong and determined attitudes. Mary loves new experiences and new challenges. Her outlook on life is one thing we love most about her. Mary says, "I thrive on change because change really scares me. I want to learn something new every day. I love being alive and finding joy in each day. I want to be a positive, not a negative, to each person I meet."



We want to hear from you!

If you are a teen 17 – 19 years old, we want to hear from you! We are putting together a program to help teens understand the confusing world of health care. And we want your help! If you are interested, sign up at <https://goo.gl/pEMBtF>.

RECIPE

Overnight Oatmeal

Ingredients:

- 1 large ripe banana, mashed (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup creamy peanut butter
- 1 cup rolled oats (Do not use quick cooking oats!)
- 1 cup milk of choice
- $\frac{1}{2}$ teaspoon vanilla extract
- $\frac{1}{2}$ teaspoon ground cinnamon
- 1 teaspoon light agave or honey (You may use more if you like sweeter oatmeal.)

Directions

- 1. In a medium bowl, mash your banana with a fork.
- 2. Add the remaining ingredients to the bowl and mix until well combined.
- 3. Pour the mixture into two airtight containers and refrigerate for at least 3 hours or overnight.
- 4. When ready to eat, give the oats a good stir, add toppings of your choice, and dig in!

Source: <http://domesticate-me.com/vegan-peanut-butter-and-banana-overnight-oats/>

Talk to your doctor about what is best for you.

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)



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.

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.



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WE'RE OUT IN THE COMMUNITY

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.



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