

# Access **KIDS** Health

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

## Snacking on Nutrition

Everyone knows that most kids prefer not to eat the so-called “yucky healthy foods.” But, by promoting healthy eating habits at an early age, you can give your child a head start on tackling health problems and help them grow to their full potential.

### Here are some tips to help your child start off on the right foot!

- Shop healthy so your family can eat healthy at home. For snack time, buy apples instead of chips.
- Look for fun recipes that are filled with nutrients. For example, when baking cupcakes, use mashed bananas or crushed pineapples as a partial substitute for sugar.
- Have your child help you make some of the meal.
- At dinner time, have the family eat and talk together.
- Allow your children to decide when they are full.
- Make small changes over time, such as serving your children brown rice instead of white.

A healthy routine can give your child a lifelong healthy eating habit, which is great for your kids’ overall well-being. Invent new and fun ways to include a nutritious lifestyle into your child’s life. To learn more about nutrition, visit our website at [www.coaccess.com/health-and-wellness](http://www.coaccess.com/health-and-wellness)

### MAKE YOUR OWN!

*Gather up the kids to make this fun and tasty after-school snack!*

#### **Fruitsicles**

Put your favorite fruits and orange juice into a blender and mix it up. Then pour into paper cups or ice cube trays and stick in popsicles sticks or toothpicks into each one. Put in the freezer and....brrrrr....freeze. Once frozen, tear off the paper cup or pop out of ice cube tray and enjoy!



### HAVE QUESTIONS? NEED HELP? CALL US!

(303) 751-9021, toll free 1-888-214-1101 or TTY for the deaf or hard of hearing at 1-888-803-4494  
Visit us on the Web at [www.coaccess.com](http://www.coaccess.com)

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## Ask Dr. Berman

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

Dear Dr. Berman:

Are vitamin supplements necessary for my kid?

Sincerely,

- A Concerned Mom

Dear Concerned Mom,

Taking a vitamin supplement may seem like a fast and easy way for your child to become healthy, but if you compare eating healthy to taking supplements; it's better to eat healthy.

Taking vitamins usually isn't needed if your child is eating a balanced diet that has lots of fresh fruits and vegetables, whole grains, dairy products (or other calcium sources), and healthy fats such as olive oil, nuts and seeds.

Unfortunately, that may not be the case for all children, especially if your child is a so-called "picky eater". If your child is active and eating right, but is still lacking some nutrients, then vitamin supplements may be the way to go. They are generally safe, but it's key to read all labels and talk to your child's primary care provider BEFORE your child starts taking any vitamins.

### Do You Have a Question for Dr. Berman?

If you have general health questions and want Dr. Berman to answer it in this newsletter, you can submit them online at:

[www.coaccess.com/ask-dr-berman](http://www.coaccess.com/ask-dr-berman)

## Find a Doctor

To find a list of doctors and other healthcare providers that are in-network with Colorado Access, visit [www.coaccess.com](http://www.coaccess.com). On the homepage, look for the large blue heading that says *Healthcare Providers*. Click on the third link, *NEW! Click here if you need to find a Colorado Access provider near you*. This will open a Provider Search screen. When searching, be sure to select the line of business box for CHP+ offered by Colorado Access and under *Accepting New Patients*, select *Yes*. After you have entered your search information, click on the *Search* button at the bottom of the screen.



## Your CHP+ Newsletter

By April, Executive Director of CHP+ offered by Colorado Access

Happy 2011 and welcome to the next issue of Access Kids Health! I hope you've had a wonderful start to another year. In this issue, I would like to cover how important nutrition is for your children.

At Colorado Access, the health and well-being of your children are very important to us. There are many ways to make sure that your child gets the best possible start in life. One of the easiest ways is making sure they eat right and get their necessary vitamins. If your

child wants to only eat foods that contain lots of sugar or bad fats, find ways to make breakfast, lunch and dinner a fun time for them.

We know that it may be hard to get your child to eat the necessary minerals, vitamins and nutrients they need to be healthy and strong. So, a doctor can prescribe vitamins to your child if they are not getting enough.

As a member of CHP+ offered by Colorado Access, your child can get many kinds of over-the-counter medications such as vitamins, when

they are prescribed by a doctor. Nutritional counseling from a participating provider, such as a Dietician or Nutritionalist is also a covered benefit. There is no limit to the number of visits and you don't need a referral when your child is seen by a participating provider. Don't forget, we are here to help you!

If you have questions, contact your child's Primary Care Provider or visit us at <http://www.coaccess.com/child-health-plan-plus-offered-colorado-access>

# Paw Prints



**Can you tell us which foods are HEALTHY?**



**Help Safe T. Tiger color and put all HEALTHY FOODS in the fridge!**

**Name some fruits and vegetables that are like the colors of the rainbow!**

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## What?!

### A Random Fact for Adults

An egg has over 25 important elements, including calcium, zinc and iron. Eggs are one of the best sources for calcium, which is needed by 90 percent of all living creatures in the world!



“Like” the Safe T. Tiger page at <http://www.facebook.com/SafeTTiger>



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



### Color in Safe T. Tiger

Safe T. Tiger is the Colorado Access health and safety mascot. He loves to have fun while teaching boys and girls around Colorado how to stay safe and healthy.