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What is **Anxiety?**

You might hear the word "anxiety" a lot these days. Maybe it's on the news or from friends or family. There have been a lot of things lately that can cause anxiety. But what, exactly, is it? Anxiety is a mental health condition that affects many children and adults. It is a form of stress. With anxiety, children worry too much about many things. They might also worry that the worst may happen. Anxiety might cause physical symptoms too. Children with anxiety could have headaches, stomachaches or tiredness. These symptoms can come on quickly or they can build over time. A lot of times, children with anxiety might not even know what is causing them to feel this way. Some anxiety is normal, but when it is too strong or happens too much, it can be overwhelming. It can get in the way of schoolwork or socializing. It is important to know the

signs to look for in your child. They might worry too much for many days or weeks. They might have trouble sleeping or be very tired during the day. If they have trouble focusing or are upset often, it might be a sign of anxiety. So what can you do? It's common for children not to talk about how they feel. They might not know how to say it, or they might be uncomfortable. It's important to talk to your child and ask how they are feeling. Professional help is also available. A mental health professional can help vou and vour child. There are also medications if the doctor thinks that's best. If you need help finding a provider, call us at 303-751-9021. Or you can find a provider online at coadirectory. info/search-member.html.

Source: kidshealth.org/en/parents/ anxiety-disorders.html#catrecipes



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RECIPE: Blueberry Oatmeal Squares

Ingredients

 $1\frac{1}{2}$ cups quick oats ¹/₂ cup whole-wheat flour $\frac{1}{2}$ teaspoon baking soda

- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- $\frac{1}{2}$ cup fresh or frozen blueberries
- l egg
- l cup skim milk

3 tablespoons apple sauce ¹/₄ cup brown sugar

Directions

- 1. Preheat oven to 350°F (176°C).
- 2. Coat an 8-inch by 8-inch baking pan with cooking spray.

3. Place all of the ingredients into a large bowl and mix until just combined.

Care Manager

Spotlight

- 4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
- 5. Allow to cool for 5 minutes and cut into squares.

Source: kidshealth. org/en/kids/oatmealsquares.html?WT. ac=ctg#catrecipes

THE FUTURE OF CHP+

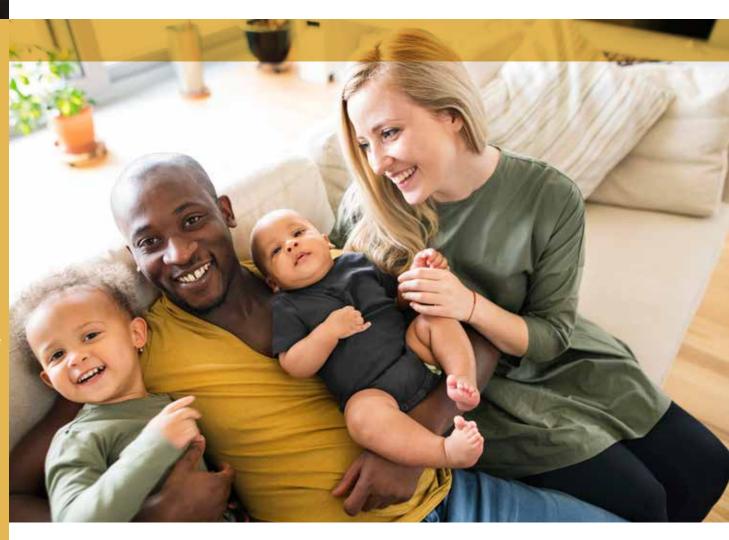
We are happy to tell you that Congress has voted to refund Child Health Plan Plus (CHP+) On January 22, Congress voted to continue funding CHP+ for **10 more years**. This means you can still go to your same doctor

and get the same services. We are excited to continue to be able to help you get the care you need. If you need help finding a provider, call us at 303-751-9021 or visit coadirectory.info/searchmember.



parents corner

We know how important it is to you to keep your child safe. It's important to us too. That's why we want to remind you of a few ways to protect your child's health. Make sure they are wearing sunscreen whenever they go outside. Even if it is cloudy, they can still get a



We want to hear from you!

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sunburn. Always make sure your child has their seatbelt on in a car. Children should be in a car seat or booster seat until they are at least 8 years old. Teach your child to look both ways before crossing the street, and to never run into the middle of the street. It is also important that children

know if they "see something, say something." If something doesn't look or feel right to them, they should find an adult to tell. Finally, make sure they know where to go or who to call in case of an emergency.

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)