

Français / French  
Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-511-5010 ou pour TDD/TTY, le 888-803-4494.

नेपाल / Nepali  
तपाइँले नेपाली बोल्नुहुन्छ भने तपाइँको नमिता भाषा सहायता सेवाहरू नःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 800-511-5010 वा TTY का लागि, 888-803-4494।

Tagalog / Filipino  
Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-511-5010 o TTY sa 888-803-4494.

日本語 / Japanese  
日本語を話される場合、無料の言語支援をご利用いただけます。  
800-511-5010 まで、お電話にてご連絡ください。耳が不自由な方は888-803-4494までご連絡ください。

Oroomiffa / Oromo  
Afaan dubbattu Oroomiffa yoo ta'e, tajaajila gargaarsa afaanii, kanfaltiidhaan ala ni argatta. Bilbilaa 800-511-5010 ykn TTY 888-803-4494" n bilbili.

فارسی  
اگر فارسی صحبت می کنید، می توانیم خدمات ترجمه رایگان را در اختیارتان قرار دهیم. با شماره 800-511-5010 تماس بگیرید. شماره مخصوص TTY به صورت 888-803-4494 است.

Polski / Polish  
Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-511-5010 lub 888-803-4494 (w przypadku korzystania z systemu TTY).

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Delta Dental Benefits:  
**coaccess.com/  
members/chp/benefits**



Baby, We've Got  
You Covered

Do you know someone who might qualify for CHP+? Have them call us at 800-511-5010 or visit **coaccess.com/members/chp** to learn about their options.



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



winter 2019



## Prevention is key

Our goal is to keep you and your child as healthy as possible. One of the best ways to do this is through prevention. Prevention means that you are taking steps now to stay healthy both physically and mentally. There are many things you can do to keep you and your child healthy. Well-child checks are one of the best things you can do for your child's health. At these visits, the doctor will talk to you and your child about ways to stay healthy. They will also check things like your child's height, weight and vision to make sure they are where they should be. This is also a good time to talk to the doctor about vaccines. There is a schedule for what vaccines children should

get and when. Vaccines are one of the best ways to prevent serious illness like measles and chickenpox. Another step in prevention is regular dental visits. Going to the dentist at least once per year is important for both oral and overall health. The dentist can help prevent cavities and costly and painful procedures like tooth removal. Even if your child still has baby teeth, it is important they take care of them. Oral health can affect your child's "ability to eat well, sleep well, and function well at home and at school."<sup>1</sup> For more information on dental services, check out the Benefit Spotlight section.

Source: [cda.org/portals/0/pdfs/untreated\\_disease.pdf](http://cda.org/portals/0/pdfs/untreated_disease.pdf)



## Activity: homemade playdough

### Ingredients

- 1 cup of flour
- 1 cup of water
- 2 teaspoons cream of tartar
- 1/3 cup of salt
- 1 tablespoon vegetable oil
- Food coloring (optional)

### Directions

1. Mix together all of the ingredients, except the food coloring, in a medium saucepan.
2. Cook over low to medium heat. Keep stirring. Once it begins to thicken, add the food coloring.
3. Continue stirring until the mixture is much thicker and begins to gather around the spoon.
4. Once the dough is not wet, remove and put onto wax paper or a plate to cool.
5. After cooling (30 minutes), knead playdough for a few seconds.
6. Store in an airtight container in the fridge.

Source: [domesticssuperhero.com/best-homemade-playdough-recipe](http://domesticssuperhero.com/best-homemade-playdough-recipe)

### 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)

### Member Handbook

Do you know all of the benefits you have as a member? You can find your member handbook at **coaccess.com/members/chp/benefits** or call **800-511-5010**.



## Benefit Spotlight: dental services



Did you know that if your child has CHP+ offered by Colorado Access, their dental services are covered by Delta Dental? Going to the dentist for a routine cleaning is one of the best things to do to prevent things like cavities. Under this plan, yearly exams, cleanings and x-rays are covered. If your child needs fillings or needs to have a tooth removed, that is covered too. You might have to pay a small fee for your child's dental service. This is called coinsurance. A list of these fees can be found in your Delta Dental Member Handbook, available at **coaccess.com/members/chp/benefits**. If you have questions about dental benefits, you can call Delta Dental at **800-610-0201**.

## Connect with Us!

Have you found us on social media yet? We are on Twitter, Facebook, YouTube and Google+. You can also get emails with general wellness tips and information about services and programs to support your health. Go to [coaccess.com/email](http://coaccess.com/email) to sign up to receive these emails.



## Get outdoors!

Have you visited any United States National Parks? We are lucky enough to have four in our state! Between April 20-28, you can visit any National Park in the United States for **free!** This is a great time to explore our state. We recommend Great Sand Dunes National Park and Rocky Mountain National Park. Take your family and friends on a hike. Don't forget to wear a hat and sunscreen, and drink plenty of water.

## In Our next issue!

Learn more about how vaccines can help protect against many diseases. Did you know there is a certain age when different vaccines should be given? You'll find out when your child should get their shots. You will also learn how to talk to their doctor about what shots they should get. We want you to make informed decisions about your health.

### Nurse Advice Line

Nurses are available 24/7 to give free medical information and advice. Call **800-283-3221**.

### Member Crisis Line

You can call to talk to a behavioral health professional all day, every day. This is a free call. Call **877-560-4250**.