

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
तपाईंले नेपाली बोल्नुहुन्छ भने तपाईंको 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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A health and safety
newsletter for members
of Child Health Plan
Plus offered by
Colorado Access



Stages

spring 2019



Recipe: yummiest green beans ever

Ingredients

- 1 tablespoon extra virgin olive oil
- ¼ cup finely chopped onion
- ½ cup chopped cooked ham
- 2 ½ tablespoons red wine vinegar
- 1 (16 ounce) package frozen cut green beans, thawed and drained
- 1 tablespoon honey mustard
- Kosher salt to taste

Directions

1. Heat the oil in a large skillet over medium heat.
2. Add the onion and ham. Cook and stir until brown bits start to show up on the bottom of your pan for 5 to 10 minutes.
3. Mix the red wine vinegar into the pan, scraping up the browned bits from the bottom. The vinegar will evaporate quickly so don't panic.
4. Mix in the mustard, and reduce the heat to medium-low. Add the green beans and stir to coat.
5. Cook just until tender but still crisp for about 5 minutes.
6. Season with kosher salt and serve.

Source: <https://www.allrecipes.com/recipe/89438/yummiest-green-beans-ever/?internalSource=staff%2pick&referringId=16064&referringContentType=Recipe%20Hub>

Find a Provider

To find a list of Colorado Access providers near you, visit us at: coaccess.com/child-health-plan-plus. 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.



Connect with Us!

Have you found us on social media yet? We are on Facebook, Twitter, 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 to sign up to receive these emails.



In Our next issue!

With good mental health, your child can better reach developmental and emotional milestones. Children with good mental health also experience a good quality of life because they are able to function well at home and in school.

Did you know that we cover many mental health services as part of your plan? In our next issue, you'll find out more about the types of services that are covered for mental 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.

Stages

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New Member Portal

Need to make changes to your child's CHP+ enrollment? You can do it all online on the new member portal! Visit enroll.healthfirstcolorado.com to learn more!



Well visits

A well visit is a routine doctor's visit for your child. It can include things like: a physical exam, medical history, or vision and hearing exams. You can also get health advice. This is also a time when your child can get scheduled vaccines to help prevent them from getting sick. Older children can learn from their doctor about how to stay safe at home and in school. All of these services are covered as part of your health plan.

At a well visit, your child's doctor will measure their height and weight. The doctor might also check their blood pressure. They might even take a blood sample. This is a time to ask your child's doctor any questions you might

have about your child's growth, behavior, or anything else. It's a good idea to bring along some questions for your child's doctor. When your child is a newborn or toddler, you may want to ask about things like feeding schedules. If your child is older, you may want to find out how they can get enough sleep. And, for teens, you may want to ask about what to expect during puberty.

It's important for your child to see their doctor regularly. This is to help make sure they are staying healthy. For more information about well visits, check out the Benefit Spotlight section. You can also find a suggested schedule for vaccinations.

