

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
तपाइंले नेपाली बोल्नुहुन्छ भने तपाइंको नमिति 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).

Colorado Access complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Colorado Access cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

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



DentaQuest Benefits

Call **888-307-6561** (TTY 711) for information about your dental care. You can talk to someone Monday-Friday from 7:30 AM-5:00 PM. If you call outside of these hours, you can leave a secure voicemail. You'll get a call back the next business day.

You can also get information at any time through the portal. Visit **memberaccess.dentaquest.com** to create your account or view your information.

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.



fall 2019



Care management

With CHP+ offered by Colorado Access, you and your child have access to a care manager. Our care management team is made up of many health care experts. They know about many kinds of health conditions.

Care managers can help you arrange health care. They will work with you to craft a personalized care plan. They can also work with you to help put the care plan into action and make sure it's working.

Care managers make sure you're getting the right care, at the right time, in the right place. They also help make sure that your doctors are talking to each other.

If you think you need a second opinion, your care manager can help. They can help you find a doctor. They can also help you set up a second opinion appointment.

Care managers can help with mental health or substance use care. They can help move your health care to a doctor who is in our network.

For more information about our care management program, call us at **303-751-9021** or **888-214-1101** (toll-free). Or find us online at **coaccess.com**.



Benefit Spotlight: medications

With CHP+ offered by Colorado Access, many over-the-counter medications are covered with a prescription from your doctor. This includes things like vitamins and analgesics. There may be a standard copay of up to \$15, based on the medication.

A copay is a dollar amount you pay to get a service, supply, or prescription medication. Copays are paid when you see your doctor, or when prescription medications are purchased.

If you have a copay for a prescription medication, the amount will be listed on your ID card. The pharmacy will ask for the copay before they give you the medication.

If you are filling more than one prescription, separate copays are required. You can get prescriptions filled at a pharmacy in our network. Make sure you bring the written prescription from your doctor. You also need to bring your CHP+ offered by Colorado Access ID card.

You can find a list of the pharmacies that are in our network at **coaccess.com/members/chp**. You can also call us at **303-751-9021** or **888-214-1101** (toll free). TTY users should call us at 303-744-5126 or 888-803-4494 (toll free).

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**.



Activity corner: celery stamped owls

Instructions

1. Cut out the shape of an owl's body with yellow paper. Then cut out some wings with a patterned paper, some circle eyes, a beak, and his feet.
2. Glue on the eyes, beak, and feet. Then cut a piece of celery and dip it in the paint to stamp onto the bird. Make lines of stamps making it look like the owl's feathers.
3. Finish the little owl off by gluing on his wings!

Source: craftymorning.com/celery-stamped-owl-craft-for-kids

Materials Needed

Brown paint
Celery
Paper



In Our next issue!

Hearing and Vision Benefits

Your plan covers many hearing services. This includes screening exams, hearing aids, and routine services. One hearing aid every five years is covered, unless more are medically necessary.

Many vision services are also covered. This includes routine eye exams with a doctor who is in our network. We also offer members an extra benefit of up to \$150 per calendar year for lenses, frames, or contacts.

If you have questions about your benefits, you can find more information online at **coaccess.com/members/chp/benefits**. You can also call us at **800-511-5010**.



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**.

Connect with Us!

Have you found us on social media yet? We are on Facebook, Twitter, and YouTube. 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.

