

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 اختیاران 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



Stay Updated on COVID-19

For the latest information on COVID-19 in Colorado, visit coaccess.com/covid19.

Hearing & Vision Services

Your plan covers many hearing services. This includes preventive screenings at a doctor's office. It also includes assessments, fittings, adjustments, and training for hearing aids. One hearing aid every five years is covered. More are covered if medically necessary.

Many vision services are also covered. This includes one routine eye exam per year with a doctor or optometrist who is in our network. This also includes specialty vision services. That is when you see a doctor for something besides a routine exam.

We also offer an extra benefit of up to \$150 per calendar year for lenses, frames, or contacts. This is \$100 more than the standard CHP+ benefit!



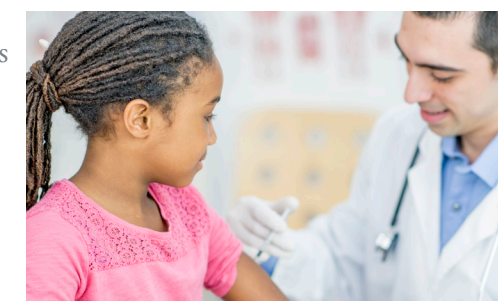
winter 2020



Viral illness

You may have heard all the news about the coronavirus (COVID-19) lately. It has several similarities to the flu. Both are contagious viral illnesses. Symptoms are also similar. COVID-19 symptoms include fever, cough, and shortness of breath. If you have these symptoms, call your doctor.

The flu is a contagious viral illness. Flu symptoms include fever, muscle aches, fatigue, cough, sore throat, and headaches. It can lead to complications like ear infections or bacterial pneumonia. It can also make chronic conditions like asthma or diabetes worse. Sometimes it can lead to hospitalization or even death.



The best way to prevent the flu is to get a flu shot every year. This helps reduce flu-related illnesses and the risk of serious complications. It can also help reduce the severity of the flu even if you do catch it.

There are ways to protect yourself and others from the flu in addition to getting the flu shot. Washing your hands frequently can help. Covering your mouth with your elbow when you cough and sneeze can also help.



Kidney disease

Healthy kidneys filter blood in your body. They remove waste and extra water to make urine. This helps balance the salt and minerals in your blood. Kidney disease is when your kidneys stop working.

March is National Kidney Month. Make sure to take care of your kidneys. If you notice symptoms of kidney disease in yourself or a family member, call your doctor. They can diagnose kidney disease by doing an exam, getting medical history, and looking at symptoms. They may also perform tests.

Symptoms of kidney disease usually start very slowly. You may not notice them right away. You may get headaches or feel itchy, or you may notice swelling in your lower body. You may have muscle cramps, weakness, or numbness. These symptoms do not always mean that you have kidney disease. If you notice any of these symptoms, talk to your doctor. They will give you an accurate diagnosis. Kidney failure is when your kidney function is below 15% of normal. If your kidney disease has led to kidney failure, you will need treatment. There are a few treatment options.

One is hemodialysis. A machine will filter wastes and water from your blood, like your kidneys used to. Another option is peritoneal dialysis. This uses the lining of your stomach to filter blood inside of your body. The third option is a kidney transplant. A healthy kidney from a donor is placed inside your body. It will do the work your two kidneys used to do. Following your doctor's treatment plan can help with many symptoms. Make sure to see your doctor regularly.

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.



Benefit Spotlight: dental benefits through DentaQuest

Good oral health is an important part of your overall health. With CHP+ offered by Colorado Access, you have dental benefits through DentaQuest. You get up to \$1,000 per calendar year for covered dental services.

Covered dental services include many things. Dental exams and fillings are covered. Routine cleanings are also covered. So is emergency care. Copays range from \$0-\$10. There is no deductible. There is also no out-of-pocket maximum.

Call 855-225-1729 to find a dentist. TTY users should call 711. Or you can find a dentist online at dentaquest.com/members. For more information about your benefits, visit memberaccess.dentaquest.com.

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.

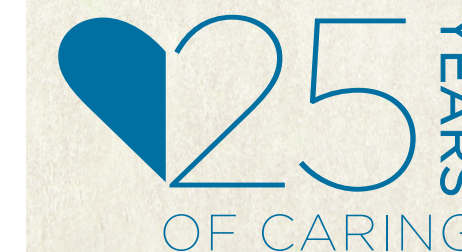


What is the census?

The census is a government order. It counts each person living in the U.S. at a certain time. This includes children, not just adults. Federal funds are given based on population. This means things like Medicaid funding, roads, hospitals and schools all depend on taking the census. You can take the census by phone, by mail, or online. Find out more here: census.gov

Celebrating 25 Years

This year, we're celebrating 25 years of caring for you and your health. Our mission has always focused on access to quality, affordable care. We're building healthy communities. We're doing this by providing the care you want. We have been here as a trusted source for 25 years. And we'll continue to be here for you: our members.



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.

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