

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 नम्रित 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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**Coronavirus (COVID-19) Awareness**  
For the latest information on COVID-19 in Colorado, visit [coaccess.com/covid19](https://coaccess.com/covid19).



Election Day is **November 3<sup>rd</sup>** - Don't forget to vote!



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### The Flu

The best way to prevent the flu is to get a flu shot each year. Flu shots help reduce flu-related illnesses and the risk of serious complications.

Visit [vaccinefinder.org](https://vaccinefinder.org) to find the flu shot clinic nearest to you, or talk with your doctor.



fall 2020

## Easy access to the medication you need

We work with Navitus for your child's medication. Navitus helps us make sure your child can have access to their medication. Navitus has a new mobile app for iOS and Android. You can use this app to:

- Compare medication prices
- Find pharmacies near you
- Get information about medication
- And more!



To download the app, search for "Navitus" in the App Store or on Google Play. *You must be 18 or older to download the app.*

For more information about the app, visit [navitus.com](https://navitus.com).

If you have questions about your child's benefits, please call us at **800-511-5010**. Or visit [coaccess.com/pharmacy-services](https://coaccess.com/pharmacy-services).



## Behavioral health

You may have heard the terms behavioral health or mental health. They mean different things. Behavioral health looks at how your behavior affects your health and well-being. Mental health is your emotional and social well-being. So, the two terms are linked, but they are not the same.

Mental health affects how your child thinks, feels, and acts. Mental health conditions are things like depression, anxiety, and bipolar disorder. Some of these are caused by genetics. Others are caused by behavioral health needs.

Behavioral health focuses on the link between your child's behaviors and their health and well-being. This means things like eating habits or exercise routines. Behavioral health conditions are things like substance use disorder or eating disorders. They are caused by certain behaviors.

### Find a Provider

To find a list of Colorado Access providers near you, visit us at: [coaccess.com/child-health-plan-plus](https://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](https://coaccess.com/members/chp/benefits) or call **800-511-5010**.



## Benefit spotlight: vaccines and immunizations

Preventive care highlights early detection and treatment. Things like physical exams, vaccines (shots), and health education are all part of preventive care. Vaccines are a safe way to protect your child from many preventable diseases. This means diseases like the flu, measles, or chicken pox.



We cover preventive care when you get it from your child's primary doctor. If you don't have a doctor and need help finding one, call us at **866-833-5717**. Or look online at [coaccess.com](https://coaccess.com).

## Connect with Us!

Join us on social media! 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](https://coaccess.com/email) to sign up to receive these emails.



## Take control of your coverage

Download the new, free Health First Colorado mobile app and take control of your health coverage. The app is available in the Apple App Store or Google Play Store. You need a free PEAK account to use the app. Visit [coloradopeak.secure.force.com](https://coloradopeak.secure.force.com) to make an account.

You can use the app to learn about your benefits, update your information, get your member ID card, and more. Visit [healthfirstcolorado.com/mobileapp](https://healthfirstcolorado.com/mobileapp) to learn more.

### Nurse Advice Line

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

### Crisis Help

If you are or someone you know is experiencing a crisis, call Colorado Crisis Services at **844-493-8255**. You can also text TALK to 38255. Counselors are available 24/7.

## In Our next issue

Did you know that childhood obesity and diabetes are often linked? Learn more about what can cause both conditions. You can also find out more about how to prevent both conditions.