

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.

800-511-5010 | coaccess.com



P.O. Box 17580
Denver, CO 80217-0470

NONPROFIT ORG
US POSTAGE
PAID
DENVER, CO
PERMIT NO. 2111

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



COVID-19 Awareness

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



in this issue
healthy living
benefit spotlight
recipe
celebrating 25 years

en esta edición
vida saludable
atención en beneficios
receta
celebramos 25 años

50 12-122 1220A



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 to find the flu shot clinic nearest to you, or talk with your doctor.



Benefit spotlight: vision care



Your plan covers many vision services. This means things like routine eye exams with a doctor who is in our network. If the doctor is not in our network, we will not cover these exams. If the doctor is in our network, pre-approval is not needed for these exams. One routine eye exam is covered per calendar year.

We cover specialty vision care with a doctor in our network. This is when you see a vision doctor for something other than a routine exam. We also offer an extra benefit of up to \$150 per calendar year for lenses, frames, or contacts. These can be bought from a doctor in or out of our network.

Visit coaccess.com/members/chp/benefits to find out more about your benefits. You can also call us at 303-751-9021 or toll free at 888-214-1101.



winter 2020



Healthy living

For a healthy life, it's important to have a healthy weight. But a healthy weight is not just about numbers. It is also about healthy behaviors and healthy eating. These things can help you have better sleep and strength. They can also help you get sick less often.

There are many ways you can help your child to live a healthy life. Children will often model what their parents do, so keep these healthy habits in mind for yourself, too. Eating well and having a physical activity schedule can help make it easier to make these habits last.

Teaching your child to eat a balanced, varied diet is a great way to help them live a full life. Teach them about portion control and to eat mindfully. Make sure they are getting at least five servings of fruits and vegetables every day. Help them avoid sugary drinks. Encourage them to drink water or low-fat milk instead.

Teach your child to stay active in fun ways. Take them for hikes or walks. Make sure they get at least an hour of physical activity every day. Limit their screen time to two hours or less each day if you can.

Having a healthy weight and living a healthy life can help prevent many health issues. This means things like obesity and Type 2 diabetes. Obesity is when someone weighs more than what is considered healthy by most doctors. It is a complex health issue.

Many things can cause weight gain that could lead to obesity. Sometimes, things your child eats, like chips or candy, can contribute to unhealthy eating habits. This can affect their overall health. It can also affect things like weight and mood.

Talk to your child's doctor about what is best for them. If your child does not have a doctor and you need help finding one, call us at 866-833-5717. Or find one online at coaccess.com.

Find a Provider

To find a list of Colorado Access providers near you, visit us at: coaccess.com/members/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 us at 800-511-5010.



Recipe: roasted brussel sprouts

Instructions

1. Preheat the oven to 400 degrees Fahrenheit. Wash the Brussels sprouts and trim off any dry ends. Cut each Brussels sprout in half.
2. Place the cut Brussels sprouts on a baking sheet lined with parchment paper. Drizzle with olive oil and sprinkle with salt, garlic powder, and pepper. Toss until well coated in oil and seasoning. Turn each Brussels sprout so that has the cut side facing down.
3. Roast the Brussels sprouts in the oven for about 25 minutes, or until they are browned and caramelized on the edges. You can stir the Brussels sprouts at about 20 minutes to see the amount of browning on the bottom layer of the sprouts. You do not need to make sure they're all face down again for the final few minutes.
4. Taste one Brussels sprout and adjust the salt or pepper to your liking, then serve hot.

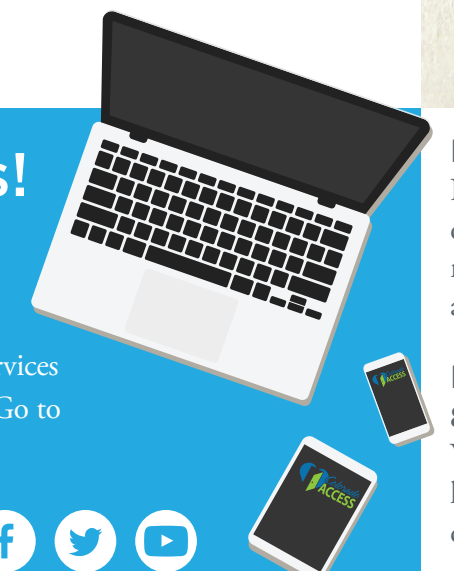
Ingredients

- 1 lb. Brussels sprouts
- 1 tbsp olive oil
- ¼ tsp salt
- ¼ tsp garlic powder
- ¼ tsp freshly cracked black pepper

Source: budgetbytes.com/easy-roasted-brussels-sprouts/

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 to sign up for these emails.

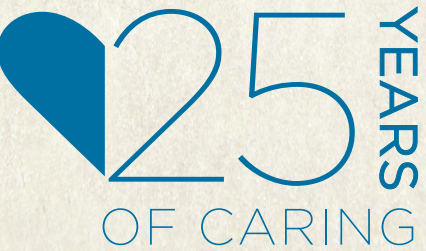


In Our next issue

Did you know that your mental health can affect how you handle stress, relate to others, and make choices? Learn more about mental health. You can also find out more about what mental health benefits you have.

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 hours a day, seven days a week to give free medical information and advice. Call 800-283-3221.

Member Crisis Line

877-560-4520
You can call to talk to a behavioral health professional all day, every day. This is a free call.