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



2021 issue 2



Mothers and
Soon-to-be mothers:
we want to hear from you!

Do you want to help make **pregnancy, childbirth and new motherhood** better for Black women in our community?

Who Women who identify as Black *and* are pregnant. Or have had a child in the last three to five years.

What Join a group of community leaders, community organizations, health care providers, and others with lived experience for a four-part series of innovation workshops. The goal is to create, design and fund solutions to overcome inequities in the health and wellness of Black mothers during pregnancy and the first year of their children's lives.

When and Where One workshop per month in July, September, October and November 2021. We'll meet virtually in July. Then the group will decide what is best for the other workshops.

Why Help us make an impact on the health and wellness of Black mothers, and their pregnancy experience. Let's make sure our health care system and community resources ensure healthy moms and healthy babies.

Need help to be able to participate? We can give you financial support for your time. There is also other support for you. This means things like technology, childcare, language interpretation, or transportation.

Learn more: Visit coaccess.com/pool to learn more and tell us if you would like to join the group. Or call us at 720-744-5505.

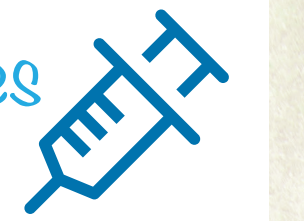
Help transform the
maternal health of our community!

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.



COVID-19 vaccines



While the vaccines are being distributed, and after, it's important to continue to help stop the spread of the virus. Wear a mask, wash your hands, and stay at least six feet apart from others not in your household.

The vaccines are effective to help keep you from getting COVID-19. They also may help keep you from getting seriously sick if you do get COVID-19. They also may reduce the spread of COVID-19 from one person to another. **It is still important to get the vaccine even if you already had COVID-19.**

The vaccine will be free to you. You may need one or two doses to increase your body's defenses against the virus. This depends on the type of vaccine you get. If you get a vaccine that needs two doses, be sure to make your appointment for the second dose at your first appointment. If you have questions about the vaccine, talk to your doctor. Also talk to your doctor.

How We Can Help

If you don't have a doctor, we can help you find one. Call us at **866-833-5717**. Or find one online at coaccess.com. You can find a link to our provider directory on the homepage of our website.

Call us to:

- Check if you are eligible for the vaccine.
- Find a doctor near you who can give you the vaccine.
- Find another vaccine location near you.
- Ask questions you have about the vaccine.

Visit covid19.colorado.gov/vaccine to learn more about the vaccine.

The COVID-19 vaccine is free to you. This means you will not be charged a copay for the vaccine. Any Coloradan age 12 and older who wants the vaccine can now get the Pfizer vaccine. All state community vaccination sites have the Pfizer vaccine. Most do not need an appointment.

Visit covid19.colorado.gov/vaccine/where-you-can-get-vaccinated to find a vaccine location near you. You can also see which vaccine each location has. If you have questions about the COVID-19 vaccine, talk to your doctor. If you do not have a doctor and need help finding one, call us at **866-833-5717**. Or find one online at coaccess.com. There is a link to our provider directory on the homepage of our website.

800-511-5010 | coaccess.com

In Our
next issue

Reproductive health

Did you know that we pay for reproductive health and family planning? This means things like birth control, sexually transmitted infection (STI) testing, and others. Learn more in our next issue.



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.

Melanoma & sun safety

Melanoma is the most serious type of skin cancer. It forms in your melanocytes, which are the cells that make melanin. Melanin gives your skin its color.

Melanomas can form anywhere on your body. They mostly form in areas that get a lot of sun exposure, like your back, legs, arms, or face. They can also form in areas that don't get a lot of sun exposure, like the soles of your feet, palms of your hands, and fingernail beds. Melanomas can also form in your eyes and inside your nose or throat, but this is less common.

Exposure to ultraviolet (UV) rays from sunlight or artificial sources like tanning beds or lamps can raise your risk of getting melanoma. You can lower your risk if you limit your exposure to UV rays.

You may have moles on your body. Normal moles are often tan, brown, or black. They often have a distinct border that sets the mole apart from the skin around it. Normal moles are often oval or round. They are often smaller than ¼ inch in diameter (the size of a pencil eraser).

Melanoma can be treated with success if it's found early. Early signs and symptoms can differ but are often easy to spot. A change in a mole you already have is one early sign. Another is a new pigment or strange-looking growth forming on your skin.

(continued from front page)

ABCDE can help you remember what unusual moles that may point to melanoma may look like. This means:

- **A**symmetrical shape. Look for moles with irregular shapes.
- **B**order. Look for moles with irregular, notched, or scalloped borders.
- **C**hanges in color. Look for moles with many colors or an uneven distribution of color.
- **D**iameter. Look for new growth in a mole larger than ¼ inch.
- **E**volving. Look for changes over time. This could mean a mole that grows in size, or that changes color or shape. Moles may also get new signs or symptoms over time. This means things like new itchiness or bleeding.

If you have melanoma, you may have one or more of these changes. Or you may have none of them.

Some things can raise your risk of getting melanoma. Living at a higher elevation, like we do in Colorado, can raise your risk. So can things like having a history

of sunburns, fair skin, or many or unusual moles. Having a family history of melanoma can also raise your risk.

But there are things you can do to lower your risk of melanoma and other types of skin cancer. Wear sunscreen to protect yourself. Choose a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 30. Always put on sunscreen 30 minutes before you go out in the sun, and reapply every two hours, or after you swim or sweat.

Wear the right clothing to protect yourself from skin cancer. This means loose, lightweight clothing made of knit fabrics, a wide-brimmed hat and UV-blocking sunglasses. Checking your skin regularly can also help you protect yourself from skin cancer. If you notice any unusual changes, talk to your doctor.

It's important to visit your doctor once a year for an exam to stay healthy. If you don't have a doctor, we can help you find one. Call us at **866-833-5717**. Or find one online at coaccess.com. There is a link to our directory on the homepage of our website.

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**.



in this issue
melanoma & sun safety
we want o hear from you!
COVID-19 vaccines
connect with us!

en esta edición
melanoma y protección solar
iqueremos saber de ustedes!
vacunas contra la COVID-19
iconéctese con nosotros!



Member Advisory Council

Have your voice heard and get involved by being part of our member advisory council. You can also join us at local community events and attend our partnership meetings and resource fairs. For more information, send an email to getinvolved@coaccess.com.