



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

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



# Stages

2021 Issue 3



## Benefit Spotlight: Family Planning and Reproductive Health Services

As a member, family planning and reproductive health services are fully covered when you get them from a doctor who is in our network.

This means things like well visits and birth control. It also means testing and treatment for human immunodeficiency virus (HIV) and sexually transmitted infections (STI).

**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](mailto:getinvolved@coaccess.com).



## Prenatal & Postpartum Care

Health care is very important during pregnancy. Prenatal and postpartum care are both part of pregnancy care. Prenatal care is care before birth. Postnatal care is care after birth.

Part of prenatal care is routine checkups during your pregnancy. You can get prenatal care from a doctor or certified nurse midwife in our network without a referral. You should see them often.

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](http://coaccess.com). There is a link to our directory on the homepage of our website.

These checkups are a good time for you to ask questions. Ask about your pregnancy and your future baby.

Your doctor or nurse will watch how your future baby grows. They will also do routine checkups and physical exams. This can help find and prevent any problems.

There are many ways to help lower your risk of complications during pregnancy. Quitting smoking can help. If you need help quitting, visit [coaccess.com/quitsmoking](http://coaccess.com/quitsmoking). Exercising can also help. Talk to your doctor about the right exercise program for you.

Eating a healthy diet is another way to help lower your risk of complications. This is very important for you and your baby. You should also make sure you take prenatal vitamins. These vitamins have the nutrients you and your baby need in them. Ask your doctor to suggest one for you.

Postpartum care is given during the six to eight weeks after your baby is born. You will go through many physical and emotional changes during this time.

You should see your doctor often. They can help you with things like postpartum depression or family planning. They will also monitor your physical and mental health.

As a member, all prenatal and delivery visits are fully covered. There are no copays for prenatal care services.

Taking care of yourself is an important part of postpartum care. Make sure you get enough sleep and eat well. Make sure to follow your doctor's instructions. If you feel sad, cry a lot, have trouble sleeping and/or eating, or feel overwhelmed, we can help. Call us at **866-833-5717**.

You can also call us if you have questions about your benefits or other resources. Or visit [coaccess.com/members/chp/](http://coaccess.com/members/chp/) to learn more.

### Find a Provider

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



## Are you thinking about getting a degree?

As a member, you may be able to get your degree for free.

You can keep your coverage even if you get a grant, scholarship or work study. The money you get for education does not count toward your income to qualify.

Fill out the Free Application for Federal Student Aid (FAFSA) at [fafsa.gov](http://fafsa.gov). Or on the myStudentAid mobile app in the Google Play or Apple App Store. It takes about 30 minutes to fill it out.

You may be able to apply for the Colorado Application for State Financial Aid (CASFA). This is if you do not have lawful immigration status. Or if you do not qualify for FAFSA. Visit [cdhe.colorado.gov/Colorado-application-for-state-financial-aid](http://cdhe.colorado.gov/Colorado-application-for-state-financial-aid) to learn more.

To get started, visit My Colorado Journey at [mycoloradojourney.com/journey](http://mycoloradojourney.com/journey). And collect these things if you have them:

- Your Social Security Number or Alien Registration Number
- W-2 forms, federal income tax return, untaxed income forms
- Up-to-date checking and savings account statements
- Investments, stocks, bonds, 529-savings plans information

**You cannot get free money from both FAFSA and CASFA.**

If you have questions, please email [mcj@dhe.state.co.us](mailto:mcj@dhe.state.co.us)

## 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](http://coaccess.com/email) to sign up for these emails.



## COVID-19 Vaccines



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 away 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 lower 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 is 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 when you go to your first appointment.

### 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](http://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](http://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](http://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](http://coaccess.com). There is a link to our provider directory on the homepage of our website.

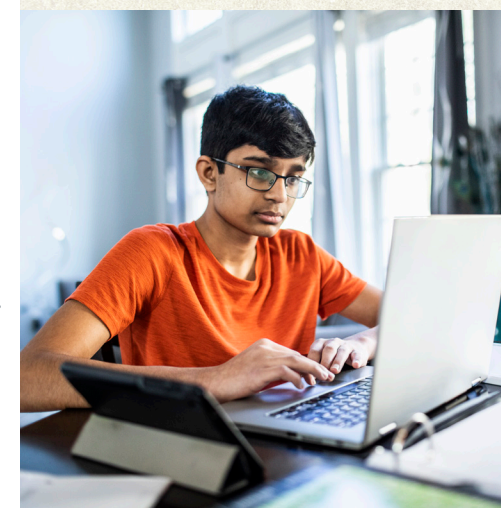
800-511-5010 | [coaccess.com](http://coaccess.com)

## NEW ON OUR WEBSITE

Our website now has an online chat function! You can type in your question from your phone or keyboard. This new function will help you find answers!

With this ability to chat, you can find doctors and specialists. This includes behavioral health specialists. It can also help you find community resources. This means things like housing, food and transportation.

If you have any questions or would like to learn more, please visit our website at [coaccess.com](http://coaccess.com).



### 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.