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



Stages

2021 Issue 4



Stages

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en esta edición
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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.

Get the Facts: The COVID-19 Vaccines

If you are five or older, the Centers for Disease Control and Prevention (CDC) encourages you to get a COVID-19 vaccine. This will help protect against COVID-19. **Get the vaccine now and take that first step toward getting back to a normal routine.**

Do you still need to get your COVID-19 vaccine?

Find out where you can get the vaccine near you:

- Visit vaccines.gov
- Text your ZIP code to **438829**
- Call **800-232-0233**

The COVID-19 vaccine is **FREE**. You don't need an ID or insurance to get vaccinated.

Children and Teens

COVID-19 can make children and teens very sick. Getting a COVID-19 vaccine can help protect them from getting COVID-19. It can also help protect other family members.

Children ages 5 to 11 can now get the Pfizer COVID-19 vaccine. This version is a "low-dose" vaccine. This means it has one-third of the amount of the adult dose. It is 90% effective to keep children from getting sick with symptoms of COVID-19. So far, it has been 100% effective in stopping severe disease and death.

Teens ages 12 to 17 can get a vaccine any place the Pfizer vaccine is given. They can get the same kind of Pfizer vaccine as adults.

Does your child or teen need a COVID-19 vaccine? Visit covid19.colorado.gov/kids-vaccines to find a vaccine clinic near you for them. Check with the clinic before you go to make sure they will have the correct vaccine for your child or teen.

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If your child or teen is ages 5 to 17, you may need to be at their appointment with them. Ask the clinic about this before their appointment.

Booster Doses

Adults age 18 and older should get a COVID-19 booster shot. Booster shots boost protection against COVID-19 if you get them at the right time.

Everyone in Colorado who is 18 or older should get a booster.

You should get a booster shot six months after your second shot of the Pfizer or Moderna COVID-19 vaccine. If you got the Johnson & Johnson vaccine, you can get a booster after two months. You do not need to get the same type of vaccine as your initial shot(s).

Booster doses are **FREE**. You don't need an ID or insurance to get a booster shot. Make sure to bring your COVID-19 vaccination card when you get a booster shot so you can have a record that you got it.

Visit cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html or covid19.colorado.gov/vaccine-booster-eligibility to learn more.

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**.

Learn More

- covid19.colorado.gov/vaccine
- healthfirstcolorado.com/covid/
- coaccess.com/covid19
- cdc.gov/coronavirus/2019-ncov/
- Call **877-CO VAX CO (877-268-2926)**. Call this free hotline for answers to your questions about the COVID-19 vaccine. Call 24 hours a day, seven days a week. Answers are available in many languages.

For the most up-to-date information on the COVID-19 vaccines, visit covid19.colorado.gov/vaccine.

Talk to your doctor to learn more about the vaccines. If you don't have a doctor, we can help you find one. Call us at **866-833-5717** to talk to one of our care coordinators. Call Monday through Friday from 8:00 a.m. to 5:00 p.m. Or find a doctor online at coaccess.com. There is a link to our directory on the homepage of our website.



Member Benefits

Caring for you and your health is our top priority. As a member, you can get the care you need. Your benefits cover many things, such as vision care, X-rays and doctor visits. You also get dental care through DentaQuest. This covers cleanings, fillings, exams and more.

Visit coaccess.com/members/chp/benefits/ to learn more.

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.

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.



Diabetes

Diabetes is a disease that can happen when your blood sugar is too high. Insulin helps sugar from food get into your cells to be used for energy. Insulin is a hormone made by the pancreas.

If your body doesn't have enough insulin, sugar will stay in your blood instead. This will raise your blood sugar level. Over time, this can cause diabetes. Having diabetes can raise your risk of certain health issues. This means things like heart disease, oral health problems, and depression.

There are two types of chronic diabetes: **Type 1** and **Type 2**. Type 1 diabetes happens when your body attacks your pancreas with antibodies. This means that your pancreas won't be able to make insulin.

With Type 2 diabetes, your pancreas still makes insulin. But either it is not enough insulin or your body isn't using it like it should.

There are also two types of diabetes that may be reversible. **Prediabetes** is when your blood sugar is higher than normal but not high enough to be diabetes. Prediabetes can lead to diabetes if it's not reversed in time. **Gestational diabetes** happens during pregnancy. It may be reversed after the baby is born.

Not everyone has diabetes symptoms. This is mainly true for people with prediabetes and Type 2 diabetes. Symptoms tend to come on fast and be more severe with Type 1 diabetes.

If you have diabetes, the best way to manage it is to talk to your doctor or call your care manager. If you don't have a doctor and need help to 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.

Managing Your Diabetes

An A1C test measures your average blood sugar over a three-month period. A1C is sometimes called eAG.

Work with your doctor to set an A1C goal. Higher A1C numbers mean that your diabetes is not being managed well. Lower A1C numbers mean that your diabetes is being managed well.

You should get your A1C checked as often as your doctor suggests. Keep your blood sugar under control to help meet your A1C goal. This can also help you better manage your diabetes.

There are other things you can do to help manage diabetes. Lose weight if you need to. Having a healthy weight can help. Eat a balanced diet and get enough exercise.

If you smoke, quitting can also help. If you need help to quit smoking, call **800-QUIT-NOW (800-784-8669)**. Or visit coaccess.com/quitsmoking.

Visit coaccess.com/diabetes or diabetes.org to learn more about diabetes.