



PARTNERSHIP NEWSLETTER

FOR ACCESS BEHAVIORAL CARE MEMBERS AND THEIR FAMILIES
SUMMER 2017

Preventive Visits

By Scott Humphreys, MD,
Senior Medical Director

Happy summer! I hope you all are enjoying this beautiful season. There's so much to do during the summer. Some of my favorite things are riding my bike, going for a walk, and reading a book outside. One thing that is also important to remember is to get your regular check-up, if summer is when you usually see your doctor. Mind and body are very closely related. Talk to your doctor about when you need to make an appointment. Preventive visits are the best way to stay healthy. They help you and your doctor be aware of any changes. Your doctor can give you advice on what you need to do to be healthy. Don't wait until you feel bad to go see your doctor. If you need help finding a doctor, we can help. Call us at 303-751-9030 or toll-free at 800-984-9133.

Member Crisis Line 877-560-4250

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

Member Handbook

Do you know all of the benefits you have as a member? If you are a member of our Access Behavioral Care program, you can find your member handbook at coaccess.com/abc.

Healthy Inside and Out

Our beautiful state has a lot of activities to offer. Take advantage of the warm weather and do something good for your mind and body. Here are a couple of things you can do this summer:

Go for a long walk

Whether you live by a park or in the middle of the city, this is the perfect time of year for a walk. Walking is good for your body, and it also gives you time to think. You can sort through a problem in your head, or just enjoy the quiet. Even if it's just around your neighborhood, try to notice something new. Are new flowers blooming? Does the air smell different? What sounds do you hear? Adults should get at least 30 minutes of physical activity each day. Make some of that activity a walk outside. (source: <https://www.cdc.gov/physicalactivity/basics/adults/>)

Plant a garden

You don't have to have a big yard, or a yard at all, to plant a garden. Many herbs and some vegetables just need a container of dirt and a place to grow. You can buy seeds and watch your garden change. Try cooking something with whatever you grow. Just make sure it gets enough sun and water.

Read a book

Sit outside and enjoy and new book. Don't forget your sunscreen! You can find hundreds of books at your local library. The best part is that they are free! Reading outside can help relax you. It also makes you use your imagination which can lower stress. To find the closest library to you, visit your city's website.

Free Help with Managed Care

If you have Health First Colorado, you can get free and independent help from the Ombudsman for Managed Care. You can call to learn about your rights and responsibilities, or get help finding a resource for when you are not sure who to call.

Phone: 303-830-3560 or 877-435-7123 toll free (en español)
TTY: 888-876-8864

Email: help123@maximus.com
Website: healthcolorado.org

We Want to Hear from You!

Take our short survey and let us know how you want to hear from us in the future. Visit coloradoaccess.wufoo.com/forms/newsletter-preference/ to complete this survey.

Caring for Yourself

Claudine McDonald

Director of Member Engagement & Inclusion

Can you believe we are already halfway through 2017? It seems like every year time goes a little faster. Before we know it, the hot summer months will feel like a distant memory. But until then, we have a lot of summer left to enjoy. Every day, I try to remind myself to be as present as I can be. A lot of times we get so busy having fun that we forget to stop and enjoy the fun we are having. We spend a lot of our time working, running errands, or taking care of family. So when we get time to relax and do something fun, we should enjoy

it as much as possible. Try to take a minute a few times a day to stop and look around. Notice the color of the sky. Smell the air outside. Listen to the sounds around you. We live in such a beautiful state that there is a lot to enjoy. Mental health and physical health are closely connected. So make sure you are keeping your mind and your body active. Check in with yourself to see what you need every day. Don't ignore signs from your body to drink more water, get more sleep, or go outside. Have a happy and healthy rest of your summer!

Getting Help

Zim Olson

Chairperson

How we use our time affects our health. How we use our resources is also important for good mental and physical health. But we need good mental and physical help to even start doing this. If you are having trouble doing all this, ask for professional help. Most of us need help from time to time. You can ask for help from a care manager or your doctor. Make sure you write down the appointment time and date. Write down anything you want to ask or tell your doctor. The more you communicate your needs, the more your doctor can help you.

Care Manager Spotlight



Meet Raeanna. Raeanna is a care manager who has been with us for more than two years. She focuses on behavioral health transitions of care. The best part of her job is helping members and families problem solve in a time of crisis. She has a master's degree in professional counseling. Raeanna works hard to decrease the stress our members often face. Helping

others in need is something that brings her happiness. She has a talent for calming others down when they are in a crisis. Her desire to help others makes us lucky to have her. Raeanna is passionate about helping youth create treatment goals to prevent them from needing psychotropic medicine. Outside of work, her dog and her family make her happy. She loves running and spending as much time outdoors as she can. Originally from Littleton, Colorado, Raeanna likes cheering for the Colorado Rockies. She is the middle child of three – she has an older sister and a younger brother. A hidden talent of hers is that she can shoot a compound bow and is “actually decent at it.” Raeanna brings a lot of happiness to others and we love working with her every day!



Connect with Us!

Are you interested in health issues around the state? Do you need healthy recipes? Do you want more information on community projects in your area? Find us on social media! We are on Twitter, Facebook, YouTube and LinkedIn.



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Frequently Used Phone Numbers

ABC Northeast: 844-880-8508

ABC Denver: 800-984-9133

Accountable Care Collaborative administered by Colorado Access: 855-469-7226

*For Larimer County residents: We provide care management for behavioral health services only.
For physical health services, call Rocky Mountain Health Plans at 800-667-6434.

Rights and Responsibilities

As a member, you have certain rights and responsibilities.
Make sure you know what they are! Find them at
coaccess.com/your-rights-and-responsibilities.



**HAVE QUESTIONS? NEED HELP?
CALL ACCESS BEHAVIORAL CARE**

970-221-8508 (Local)

800-984-9133 (local)

844-880-8508 (Toll Free)

888-803-4494 (TTY)

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