

# ACCESS KIDS HEALTH

ACCESS KIDS HEALTH IS A HEALTH AND SAFETY NEWSLETTER FOR MEMBERS OF CHILD HEALTH PLAN PLUS, OFFERED BY COLORADO ACCESS

Q3 2014

Sun Safety 2

Teeth Brushing Tips 3

## SUMMER ACTIVITIES

Warmer weather has arrived and it's time to get out in play! So, what are some fun activities you can do together as a family?

### Dandelion Olympics

Here's where you can get creative. Make up different games you can play with dandelions. You can toss them, make a chain for a tug of war, have a relay, and later crown the winner with a dandelion "wreath".

### Fly a Kite

Summer is a great time of year to fly a kite. The winds are perfect for making your kite fly high! Be sure to pick the

right place to launch your kite. Stay clear of roads, power lines, and trees. The best areas are open parks, fields or beaches.

### Go on a Birding Safari

Your backyard or local park may have early blooming flowers or trees that will attract birds to them. Look for their bright colors and listen to their unique songs to make out their species.

### Volunteer at a Local Trail or Park

Chances are there are parks and trails within your city that could always use an extra set of hands. Needs range from weed control to trail patrol. This

is a fun way to get exercise and to help pitch in. Contact your local Parks & Rec department to find out how you can help make a difference!

1-888-214-1101  
1-888-803-4494 (TTY)  
[coaccess.com](http://coaccess.com)



### Your Delta Dental Benefits:

For more information call Delta Dental at 1-800-610-0201 If you need this newsletter in another language or in large print, just call us at 303-751-9021, toll free 1-888-214-1101 or TTY for the deaf or hard of hearing at 720-744-5126 or toll free at 1-888-803-4494.

# visit to win it

If your child attends a wellness visit this year, your family will automatically be entered to win **COOL** prizes like:

- iTunes gift cards
- Family-pack movie passes (4), and
- 2 lucky winners will get an iPad Mini!

Raffle drawings will take place in July, October and January.

For more details, visit: [coaccess.com/visit-to-win-it](http://coaccess.com/visit-to-win-it).



# SUN SAFETY



If you have been thinking about getting outdoors more this summer, there is something you should know. Even on a cloudy day, there is danger of getting a sunburn! That's right – UV Rays, or ultraviolet rays, can pass through the clouds and soak into your skin.

Fifteen minutes before going outside, you should put on sunscreen that has at least 15 SPF. Put more on after being outside for 30 minutes and apply even more if you've been swimming or sweating. Be sure to wear protective clothing like a hat or sunglasses and limit your time outside between 10 am and 4 pm.

Even though the sun provides Vitamin D which helps your body absorb calcium, it's still important to be safe outdoors! Too much sun can lead to skin cancer. You should seek medical help if you become sunburned and feel dizzy, faint, dehydrated, or a blister forms.

Good habits make it easy to keep yourself from harmful UV rays. You'll feel better knowing that you are protecting one of your body's most vital organs – your skin!

# ASK DR. BERMAN

**Dr. Berman is a pediatrician and Sr. Medical Director at Colorado Access**

*How much exercise a day should my child get?*  
—Concerned Parent

Children need at least one total hour of exercise per day. Besides the obvious benefits of exercise, which include controlling body fat and improving fine and gross motor skills, exercise helps to increase your child's brain awareness. It aids in his/her ability to learn and process new information. It allows the

child to sleep better and better handle the physical and emotional challenges of every day life.

It's important to encourage more active play than sedentary play. If your child is glued to the TV, its time to make a change!

# CALCULATING

# BMI

By Bethany Himes,  
Executive Director  
of CHP+ offered by  
Colorado Access

Hi, moms and dads! Keeping your children active and healthy is a great way to ensure your child also does well in school. If you are worried about your child's weight, did you know there are calculators online to check Body Mass Index (BMI)?

BMI estimates body fatness. It can help you determine if your child falls into the underweight, normal, overweight or obese groups. It also helps screen your child for future health risks.

The calculators are not meant to take the place of seeing your Primary Care Provider (PCP). Your child should be sure to have his/her yearly well-child checkup. This is covered as part of your CHP+ HMO offered by Colorado Access plan.



# TEETH TIME

Dental health is important for children AND their parents! Studies show a link between gum disease and issues like heart disease or diabetes.

Changes in hormone levels can add to the risk of having gum disease, so pregnant women should keep good dental health and get regular exams.

Make sure your children keep good dental health habits that brighten their smiles, prevent cavities and even stop more serious health issues down the road, try some of these tips to make brushing fun! Also, don't forget to floss!

- Have your child put on a favorite song and brush along with the music.
- Make bubbles! The more suds you see, the better the brush!
- Brush together so your child can follow your lead!
- Let your child bring a friend to watch - like a teddy bear or stuffed toy.

DON'T FORGET TO  
FLOSS DAILY!



AS A CHP+ MEMBER, YOUR CHILD GETS **\$1000 A YEAR IN DENTAL BENEFITS.**  
HAVE A QUESTION ABOUT YOUR DELTA DENTAL BENEFITS?  
CALL DELTA DENTAL AT 1-800-610-0201



P.O. Box 17470  
Denver, CO 80217-0470

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



FUN RUN

OBSTACLE COURSES

FREE EVENT!

STROLLER DERBY

FACE PAINTING

ROCK CLIMBING WALL

SATURDAY, JULY 12, 2014  
AURORA PUBLIC SCHOOLS STADIUM  
1250 CHAMBERS ST, AURORA, CO 80011

VISIT [COACCESS.COM/CHP-FIELD-DAY](http://COACCESS.COM/CHP-FIELD-DAY) FOR MORE INFORMATION!