

Stages

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

SPRING 2017

Spring Symptoms	1
Living with Asthma	2
Fast Facts	2
Recipe	3



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language or in large print, call us at 303-
751-9021, toll free 888-214-1101 or TTY for
the deaf or hard of hearing at 720-744-5126
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SPRING SYMPTOMS



Spring is coming and this means warmer weather and longer days. But to many people spring also means something else: allergies. The flowers and grass might be pretty to look at, but they can also make people feel very bad. And don't forget, you can still get sick during warmer months too. Allergies and the cold have a lot of the same symptoms. Both might give you a runny or stuffy nose. It is important to know

Continued on page 2

Spring Symptoms, continued

the difference between allergies and illness. This way, you can take the right steps to feel better. Remember, these are only common symptoms. There may be others that you experience. It is important to talk to your doctor to decide what to do. You might be sneezing or coughing. You also may feel very tired. With allergies, you might have itchy or watery eyes. You also might have itchy ears and throat. Allergy symptoms last much longer than cold symptoms. With a cold, you might have a fever or chills. Body aches and pains and a sore throat are also common. Cold symptoms last about one to two weeks. If you experience these symptoms, check with your doctor to find out what treatment plan is best for you.

FAST FACTS

1 in 5 Americans have allergies



“Cold season” is September to May. But you can get sick anytime during the year. Pollen (the part of plants that causes allergies) is highest from sunrise to 10am.

Young children get



6 to 8
Colds a year

Source: piedmont.org/living-better/infographic-allergies-vs.-a-cold

LIVING WITH ASTHMA

We offer many different programs to help you and your child to stay healthy. Every person has a unique set of health care needs. That's why we have a care management team to help you meet these needs. If you have asthma, we have a program for you. Our program teaches you how to manage your symptoms. We can help you learn how to live with asthma. The program is done over the phone with a trained member of our care management team. It is a two-month program. If you need

more support, you can work with your care manager after that. As part of the program, you will be given information to help you understand asthma. Your care manager will work with you and your primary care provider (PCP) to make a care plan. This will help make sure you know how to use your medications, and to keep you out of the emergency room or hospital. If you would like to talk to your care manager, please call 888-214-1101.

CARE MANAGER SPOTLIGHT

Meet Tania. Tania has been a care manager at Colorado Access for almost nine years. She works on the “transition of care” team. She also works with CHP+ inpatient members. Helping people in needing and finding solutions to make their life easier is her passion. These are reasons she loves her job. When Tania is not working, she spends time with her two sons and her Chihuahua. Her two kids are her inspiration. Her sons show her it is important to enjoy every moment in her life. Tania has a bachelor's degree in business administration and a master's

degree in organization leadership management. On the weekends you might find her cheering on the Club America soccer team in Mexico. Tania's favorite quote is something we can all live by: “When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether or not to accept our destiny.” –Paulo Coelho



Turning 19?
Take our survey

PROTECT YOUR MEMBER ID CARD

The member ID card you get from your health plan should never be loaned or sold. Sharing this card is against the law.

To help protect your child's information, follow these easy tips:

- Guard your child's member ID card. Sharing the card with someone can put you at risk. Don't share it with anyone. If someone gets health care using your child's name or information, you might not be able to get care when you need it.
- Treat your child's member ID card like a credit card or driver's license. Keep it in a safe place.
- Don't let anyone else use the member ID card. Be sure to watch out for people looking over your shoulder when you use the card at a pharmacy, doctor's office, or other public place.
- Don't share your child's information in exchange for free gifts or services. If someone uses your child's information, money that should be used to pay for your child's care is being stolen.

RECIPE

Turkey Pinwheels

Ingredients:

- 1 8-ounce package of cream cheese, softened
- 6 burrito-size flour tortillas
- 12 red-leaf lettuce leaves
- 1 pound thin-sliced smoked turkey
- 1 seedless cucumber, sliced thin
- 4 medium tomatoes, sliced thin

Directions:

1. Spread a thin layer of cream cheese to the edge of each tortilla.
2. Top each with 2 lettuce leaves. Layer turkey, cucumber and tomatoes on top of lettuce.
3. Tightly roll up. Cut each roll up into 5 pieces to serve.

*Talk to your doctor about what foods are best for you. (Recipe from myrecipes.com)



FIND A PROVIDER

To find a list of Colorado Access providers near you, visit us at: coaccess.com/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)



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COMMUNITY OUTREACH

We don't just work in a building; we're out in the community talking to Coloradans about their healthcare needs. You'll find us at health fairs, community fun runs and local festivals. Look for us and find out more about what we have to offer.

WE'RE OUT IN
THE COMMUNITY