Français / French

Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-511-5010 ou pour TDD/TTY, le 888-803-4494.

तपार्इले नेपाली बोल्नुहुन्छ भने तपार्इको निम्त भाषा सहायता सेवाहरू निःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 800-511-5010 वाँ TTY का लागि, 888-803-4494।.

Tagalog / Filipino

Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-511-5010 o TTY sa 888-803-4494.

日本語 / Japanese

日本語を話される場合、無料の言語支援をご利用いただけます。 800-511-5010 まで、お電話にてご連絡ください。 耳が不自由な方は888-803-4494までご連 絡ください。

Oroomiffa / Oromo

Afaan dubbattu Oroomiffa yoo ta'e, tajaajila gargaarsa afaanii, kanfaltiidhaan ala ni argatta. Bilbilaa 800-511-5010 ykn TTY 888-803-4494" n bilbili.

اگر فارسی صحبت می کنید، می توانیم خدمات ترجمه رایگان را در اختیارتان قرار دهیم. با شماره 5010-511-800 تماس بگیرید. شماره مخصوص TTY به صورت 4494-803-888 است.

Polski / Polish

Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-511-5010 lub 888-803-4494 (w przypadku korzystania z systemu TTY).

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in this issue

benefit spotlight

connect with us

en esta edición

visita de bienestar

foco de beneficios

conéctese con nosotros

well visits

recipe

receta

NONPROFIT ORG DENVER, CO

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





have about your child's growth,

behavior, or anything else. It's a

good idea to bring along some

questions for your child's doctor.

When your child is a newborn or

things like feeding schedules. If

It's important for your child to

toddler, you may want to ask about

your child is older, you may want to





Benefit Spotlight: preventive care



In Our

part of your plan? In our next issue, you'll find out more about the types of services that are overed for mental health.

Recipe: yummiest green beans ever

New Member

eed to make changes o your child's CHP+ rollment? You can ne new member ortal! Visit **enroll.** nealthfirstcolorado.com



o learn more!



Well visits A well visit is a routine doctor's

visit for your child. It can include things like: a physical exam, medical history, or vision and hearing exams. You can also get health advice. This is also a time when your child can get scheduled vaccines to help prevent them from getting sick. Older children find out how they can get enough can learn from their doctor about sleep. And, for teens, you may want

to help make sure they are staying healthy. For more information Benefit Spotlight section. You can also find a suggested schedule doctor any questions you might for vaccinations.

Ingredients

1 tablespoon extra virgin olive oil 1. Heat the oil in a large skillet over medium heat. 1/4 cup finely chopped onion

½ cup chopped cooked ham

2 ½ tablespoons red wine vinegar

1 (16 ounce) package frozen cut green beans, thawed

tablespoon honey mustard

and drained

Kosher salt to taste

2. Add the onion and ham. Cook and stir until brown bits start to show up

on the bottom of your pan for 5 to 10 minutes. 3. Mix the red wine vinegar into the pan, scraping up the browned bits from

- the bottom. The vinegar will evaporate quickly so don't panic. 4. Mix in the mustard, and reduce the heat to medium-low. Add the green
- beans and stir to coat.
- 5. Cook just until tender but still crisp for about 5 minutes.
- 6. Season with kosher salt and serve.

Source: https://www.allrecipes.com/recipe/89438/yummiest-green-beans-ever/?internal Source=staff%2pick&referringId=16064&referringContentType=Recipe%20Hub

With our plan, preventive care services are fully covered!

Preventive care is important for keeping your child healthy.

find the recommended well visit schedule online at coaccess.

com/members/chp/benefits. To find the vaccinations your ch

should get, be sure to ask your doctor. You can also check out

The American Academy of Pediatrics guide at healthychildren.

Well visits and vaccines are a big part of preventive care. You can

Have you found us on social media yet? We are on Facebook , Twitter, YouTub and Google+. You can also get emails with general wellness tips and information

org/immunizations.

about services and programs to support your health. Go to coaccess.com/email to sign up to receive these emails.







Find a Provider

To find a list of Colorado Access providers near you, visit us at: coaccess.com/ child-health-plan-plus. 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 800-511-5010.

Connect with Us!

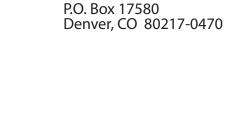


Member Crisis Line

You can call to talk to a behavioral health professional all day, every day. This is a free call. Call **877-560-4250.**













how to stay safe at home and in to ask about what to expect school. All of these services are covered as part of your health plan. At a well visit, your child's doctor see their doctor regularly. This is will measure their height and weight. The doctor might also check their blood pressure. They about well visits, check out the might even take a blood sample. This is a time to ask your child's