

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.

नेपाल / Nepali  
तपाइंले नेपाली बोल्नुहुन्छ भने तपाइंको नमिति भाषा सहायता सेवाहरू नःशुल्क रूपमा उपलब्ध छ । फोन गर्नुहोस् 800-511-5010 वा 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.

فارسی  
اگر فارسی صحبت می کنید، می توانیم خدمات ترجمه رایگان را در اختیارتان قرار دهیم. با شماره 800-511-5010 تماس بگیرید. شماره مخصوص TTY به صورت 888-803-4494 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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Colorado Access cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad o sexo.

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



**Coronavirus  
(COVID-19)  
Awareness**  
For the latest information  
on COVID-19 in Colorado,  
visit [coaccess.com/  
covid19](http://coaccess.com/covid19).

**New Care Management  
Hours**

If you do not have a doctor and need help finding one, call us. Call 866-833-5717. We've expanded our care management hours. Our team is ready to take your calls from 8:00 AM to 8:00 PM Monday through Friday and 8:00 AM to 12:00 PM on Saturday.

**Celebrating 25 Years**

This year, we're celebrating 25 years of caring for you and your health. Our mission has always focused on access to quality, affordable care. We're building healthy communities. We're doing this by providing the care you want. We have been here as a trusted source for 25 years. And we'll continue to be here for you, our members.



## Asthma and allergies

Asthma and allergies are not the same. But you could have both at the same time. Asthma affects your breathing; allergies affect your immune system.

In an asthma attack, the muscles around your airway narrow. This makes it hard to breathe. There are many causes of asthma attacks. This includes dust, tobacco, and weather. Symptoms may be different for each person. Some symptoms are shortness of breath, coughing, or wheezing.

An allergic reaction is when your immune system reacts to something that's usually harmless. These are called allergens. Mold, pollen, or food can all be allergens. Your reaction can bother your skin, sinuses, airway, or digestive system.

Allergic reactions can range from minor irritation to anaphylaxis. Anaphylaxis can be life-threatening. Symptoms include skin reactions, low blood pressure, or trouble breathing. Call 911 right away if you notice these symptoms. Use an epinephrine auto-injector if possible. This is a device that will inject medicine that can help with severe allergic reactions. Then go to the emergency room.

Tell your doctor if you've had anaphylaxis before. They may have you go to a specialist for help with your allergies. You should also see your doctor if you have minor allergy symptoms that over-the-counter medicines don't help.

Talk to your doctor if you think you have asthma. Early treatment can help control symptoms. It may also prevent asthma attacks. There are many early warning signs of asthma for children. One is wheezing or whistling sounds when exhaling. Another is shortness of breath or rapid breathing. Chest tightness is also an early warning sign.

If you have asthma, it's important to work with your doctor to create an asthma plan. It should outline what steps to take to control of your asthma and what to do if you're having symptoms. An asthma plan can help control your symptoms. It can also help reduce emergency room visits. Your plan may also help you notice things that make your symptoms worse.

If you don't have a doctor, we can help you find one. Call us at 866-833-5717. You can also find a doctor online at [coaccess.com](http://coaccess.com).

**Find a Provider**

To find a list of Colorado Access providers near you, visit us at: [coaccess.com/child-health-plan-plus](http://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](http://coaccess.com/members/chp/benefits) or call 800-511-5010.



## What is the census?

The census is a government order. It counts each person living in the U.S. at a certain time. This includes children, not just adults! Federal funds are given based on population. This means things like Medicaid funding, roads, hospitals and schools all depend on taking the census. You can take the census by phone, by mail, or online. If you haven't already taken the census, it's not too late! Take it now at [census.gov](http://census.gov).

## Important message

We are all in pain right now. There has been a flood of bad news and losses: the COVID-19 pandemic, health disparities, a renewed public wave of murders of Black Americans, and violent protests.

I saw George Floyd's brother Terrence lead a vigil on CNN. Many recent events have saddened me. But the vigil brought tears of hope to my eyes. In the peaceful tradition of the great Martin Luther King Jr., Terrence taught us how to honor the memory of George Floyd and the many other Americans we lose daily from prejudice and unequal treatment.

Those closest to the ones who have been lost have the right to speak first. Many others have a right to be heard before I, as a white man, speak up. But as a human being and as a leader in Colorado Access I want to say something. **This kind of unequal, dehumanizing, and deadly treatment must stop. Or it will destroy the soul of this country.**

Racial and economic injustice has been going on for too long. It will not stop until we all stand together. It will not stop until we all demand a better world. I hope you will join me in a personal vow. I vow to listen better, understand more, and act in a way that creates a more just and kind community.

Sincerely,  
Marshall Thomas, MD  
President & CEO  
Colorado Access



## 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](http://coaccess.com/email) to sign up to receive these emails.



**Nurse Advice Line**

Nurses are available 24/7 to give free medical information and advice. Call 800-283-3221.

**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.



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## Benefit Spotlight: Urgent and Emergency Care

Urgent care is for non-life-threatening situations that need medical help, like abdominal pain or a sprain. It does not need an emergency room. Urgent care is covered from a doctor or center that is part of our network. It's also covered if you are temporarily outside of our service area.

Emergency care is for sudden and unexpected health conditions that need immediate attention, like a broken bone or a head injury. Otherwise, you could have a serious injury to your body's functions or organs. Or you could put your health at serious risk. Emergency care at hospitals or other facilities is covered. This is covered even if they are not part of our network.

