

Stages

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

FALL 2017

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WE'RE OUT IN THE COMMUNITY

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 Facebook, Twitter, LinkedIn and YouTube.



888-214-1101
 888-803-4494 (TTY)
coaccess.com/chp

Delta Dental Benefits:
coaccess.com/chp-member-information

If you need this newsletter in another 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 or toll free at 888-803-4494.

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



CYBERbullying

You have likely heard about cyberbullying in the news, but what is it and how can you prevent it? Cyberbullying is "bullying that takes place using electronic technology." This can include text messages, social media, and websites. Examples of cyberbullying are mean emails, rumors posted to social media, or embarrassing photos sent or posted online. In 2015, about 21% of children ages 12 to 18 said they experienced bullying. Cyberbullying can have harmful effects. Children who are bullied are more likely to have low self-esteem, use drugs and/or alcohol, or get poor grades.

It is important to know how to prevent cyberbullying from happening. The best way to do this is to talk to your child. Tell them what is ok behavior when they use technology. Know what websites they visit and what social media they use. Set rules about technology use. Most importantly, encourage your child to tell you if they or someone they know is being cyberbullied. For more information on bullying and cyberbullying, visit stopbullying.gov.

Source: stopbullying.gov

WELL CHILD CHECKS

Did you know that yearly well child checks are free for your child? These visits are an important part of keeping your child healthy. At these visits, your child's doctor will review their medical history and check how much they have grown. They will also perform any needed lab tests and screenings.

This is also a good time for you or your child to ask the doctor questions. As your child gets older, it is important that they start learning how to care for their own health. Well child checks are a great time for them to practice this. Help them make the appointment by themselves. Make a list of questions with them that they have for their doctor. Need help? Here are a few good questions to ask to get you started:

- How much sleep should I be getting?
- How much physical activity should I be getting every day?
- What kind of healthy foods should I be eating?
- Where can I learn more about keeping myself healthy?

If you have questions before you go to the doctor, we can help! You can call us at 303-751-9021 or 888-214-1101. We can help answer your questions or connect you with someone who can.

CARE MANAGER SPOTLIGHT



Meet Kerry. Kerry is a care manager who works with members of our CHP+ program who have asthma and diabetes. She also works with adult members who have chronic illnesses. She has worked at

Colorado Access for three years. Kerry's favorite part of work is being able to make a member's day better. She likes that no two days are the same. She is a Doctor of Naturopathic Medicine and is board certified. She is also finishing her master's degree in health care management and administration. Originally from California, Kerry has lived in many places, including Hawaii and Austria. When she is not helping members at work, you can find her relaxing with her family. Kerry is also getting ready for her new baby, who is due in November.

She likes to play with her dog, Leo Bandito. She loves watching romantic comedies, especially Love Actually. She loves chocolate chip cookies and watching Denver sports. Kerry has a passion for the Juvenile Diabetes Organization. She hopes to see a cure for Type 1 diabetes. Her giving spirit is inspired by Betty White. "Her brain, grace knowledge, and love of life is infectious," she said. Dance is also a passion of Kerry's. She has danced many forms including ballroom, jazz, belly dancing, hula and African. If we're lucky, maybe we can get Kerry to teach us some of these dances sometime!



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.

RECIPE

Eggs in a Basket

Ingredients:

- 1 egg
- 1 slice of bread
- 1 tablespoon butter
- Salt and pepper

Directions

1. In the middle of the bread, cut a hole that is about 2 inches across
2. Add butter to a frying pan. While the butter is melting, spread more butter on both sides of the bread

3. Place bread in frying pan. Fry bread until it begins to brown. Flip bread over and cook until golden brown.

4. Crack the egg open and drop the egg into the hole in the bread

5. Let the eggs cook for about two minutes. Carefully flip the bread to fry to the other side. Make sure the egg whites are fully cooked.

6. Season to taste. Enjoy with fork or eat like a piece of toast.

Source: <http://www.wikihow.com/Make-Eggs-in-a-Basket>

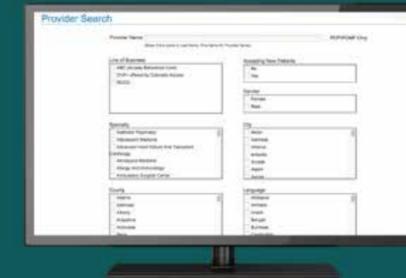
*Talk to your doctor about what is best for you.

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)



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.

What to do if you think your information was stolen:

If you lose your child's member ID card, or if it is stolen, call us right away. The new card will come in the mail in a few weeks.

If you suspect fraud- tell us! Here's how:

You can send an email to compliance@coaccess.com or call the Colorado Access Medicaid compliance officer at 720-744-5462. Or to stay anonymous, call our compliance hotline at 877-363-3065 (toll free).

