

Stages

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



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

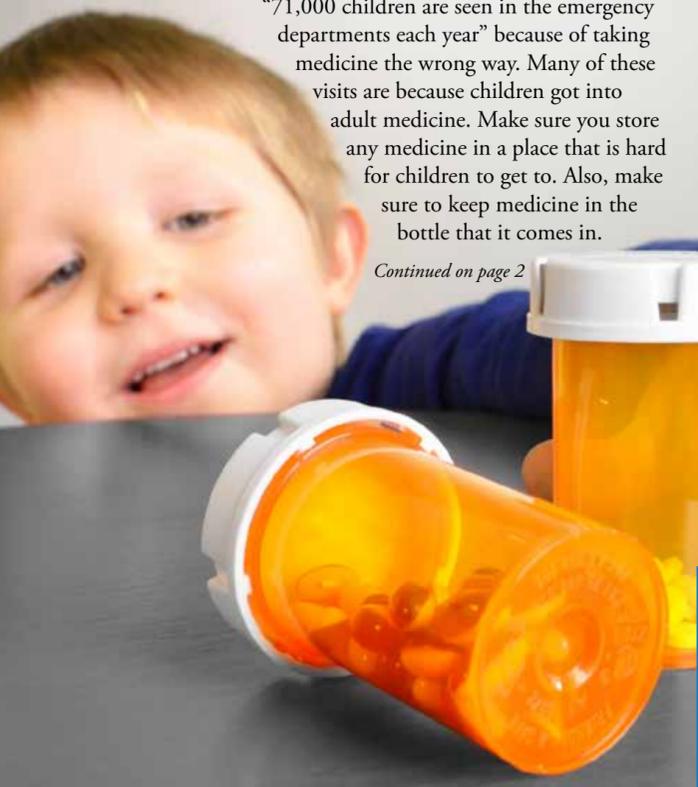


Medication Safety

There's a good chance that you or your child is taking or has taken medicine. We are given a lot of information and it is hard to remember what to do. How much should I take? When should I take it? Do I need to eat food with it? You might feel like there are a lot of directions, but it's important that medicine is taken right. It is also important that medicine is taken for the right number of days. If medicine is not taken correctly, it can cause allergic reactions, bad side effects, or even death.

"71,000 children are seen in the emergency departments each year" because of taking medicine the wrong way. Many of these visits are because children got into adult medicine. Make sure you store any medicine in a place that is hard for children to get to. Also, make sure to keep medicine in the bottle that it comes in.

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Medication Safety, continued

Talk to your doctor about how to give your child their medicine the right way. Make sure to follow all of the instructions. Even if your child may be feeling better, they should not stop taking the medicine. Your child's doctor should know all of the medicines they are taking. Sometimes, medication can be dangerous if it is mixed with other medicine.

Always talk to your doctor if you have questions. If you need help finding a doctor, call us at 303-751-9021 or toll-free at 888-214-1101.

Source: https://www.cdc.gov/medicationsafety/program_focus_activities.html

CARE MANAGER SPOTLIGHT



Sheryl is a registered nurse (RN) care coordinator. She works with members who have complex medical needs and are moving from hospital to home. She has worked with us for more than two years. Sheryl's favorite part of her job is "working with members to help them on their journey toward health and wellness." She loves what she does because she can help members have a better health care experience. Sheryl loves teaching members. She believes that "education plays a role in members' overall experience and outcome." When she's not at work, she likes to spend time with her family. She likes baking, traveling, watching movies and reading. You might find her watching any of the Harry Potter movies. She also has an online cookie company, which keeps her busy when she's not working. Sheryl loves all things Disney, especially the theme parks and the movies. She's been to Disney World eight times. Sheryl likes to live by her favorite quote from the movie Cinderella, "where there is kindness, there is goodness. Where there is goodness, there is magic." We think Sheryl brings magic to us every day.

CHANGES IN CHP+

CHP+ is a federal program that has not yet been renewed by Congress. This means that in Colorado, the CHP+ program could end by January 31, 2018. Here are three things you can do:

- 1 If any CHP+ members in your home are due or overdue for medical or dental care, make an appointment with your provider now. Please remember only CHP+ kids receive dental benefits.**
- 2 Make sure your information is up to date. Log in to your PEAK account to make sure your information is current. If you do not have an account, sign up at CO.gov/PEAK**
- 3 Visit CO.gov/HCPF/FutureCHP for current information.**



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

Peanut Noodles with Chicken

- Ingredients:**
- 1 8-ounce package thin rice noodles
 - 1 2 pound rotisserie chicken
 - 1 seedles cucumber
 - 1/2 cup creamy peanut butter
 - 2 tablespoons soy sauce

2. Shred the chicken meat. Throw away skin and bones. Use a vegetable peeler to make long strips of carrot and cucumber.
3. In a medium bowl, whisk together the peanut butter, soy sauce, and 6 tablespoons of water until smooth.
4. Split the noodles, chicken, carrot and cucumber among 4 bowls. Drizzle with the dressing.

Directions

1. Place the noodles in a large bowl and cover with hot water. Let soak until soft, about 25 to 30 minutes. Drain water.

Source: realsimple.com/food-recipes/browse-all-recipes/peanut-butter-chicken-noodle-recipe

*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).

