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# Stages

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



## Winter Safety

It is officially winter! Even though some days have been warm, we still have a lot of snow to come. Even if the snow and ice is removed from the sidewalks, it can still be slippery outside. It is important to walk carefully and be aware of ice that may be on the ground. Don't forget that ice can be hard to see sometimes. If you slip and fall on ice, you can get very hurt. One of the best ways to avoid falling is to know how to walk on ice. A good way to remember how to do this is to walk like a penguin! Point your feet out and walk with a flat foot. Extend your arms to the sides for balance. Walking slow and taking short steps are also good ways to avoid

slipping and falling. It's also important to wear the right kind of shoes. Boots or shoes should not have smooth bottoms. If you do slip on ice, try not to fall on your knees, wrists or spine. Wearing a heavy coat might help cushion your fall. Most importantly, be aware of your surroundings. If you don't feel safe, ask for help or wait until the weather gets better. It is also important to wear enough clothing. It is better to have too much than too little. You can always take layers off if you get hot. A heavy coat, hat and gloves are important during winter months, especially for children. Also, wear proper shoes and socks to keep your feet warm and dry.

## WINTER 2018

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

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



## RECIPE: CHEESY CHICKEN TAQUITOS

- Ingredients**
- 1 lb boneless, skinless chicken breast
  - ¼ tsp garlic powder
  - ½ tsp kosher salt
  - 1 tsp ground cumin
  - 1 cup shredded Mexican cheese blend or cheddar cheese
  - 12 corn tortillas
- Olive or canola oil spray
- Directions**
1. Preheat the oven to 400°F.
  2. Steam or cook chicken for 10 to 15 minutes, or until cooked through.
  3. Use a fork to shred the chicken into small pieces.
  4. Mix chicken in a bowl with the garlic powder, salt, cumin, and cheese.
  5. Place 2 corn tortillas at a time between 2 damp paper towels and microwave for 20 to 30 seconds.
  6. With 1 tortilla in front of you, place 2 tablespoons of the chicken mixture on the side closest to you and roll it up. Repeat with the rest of the tortillas and filling.
  7. Place taquitos seam-side down on a foil-lined baking sheet, spray the tops lightly with olive or canola oil spray. Bake for 25 minutes, or until crisp.
- \*Always talk to your doctor about what foods are best for you.  
Source: popsugar.com/moms/Weelicious-Kid-Friendly-Taquitos-Recipe-24539773

## THE FUTURE OF CHP+

We are happy to tell you that Congress has renewed federal funding for the Children's Health Insurance Program (CHIP, known as CHP+ in Colorado). This means that CHP+ will continue for at least another six years.

Your child can keep going to their doctor and using their benefits. If

your child gets a letter saying it is time to renew their benefits, please follow the instructions in the letter.

We are excited about this news and look forward to helping your child stay healthy.



## Care Manager Spotlight

**Meet Mindy.** Mindy is a care manager who works with the Healthy Mom Healthy Baby program for CHP+ members. She has worked at Colorado Access for six months. Before coming here, she worked as a case manager for people who suffer from severe mental illness. As part of that job, she worked with people from Colorado Access and learned a lot about the company. She "learned of its great reputation in the community and decided to be a part of it." Mindy grew up in Colorado and is now raising a family here. She has three children - a 15-year-old and 12-year-old twins. Mindy says her children are her biggest inspiration. When she's not at work, she likes to camp, boat, and watch football with her family. Of course, she loves the Broncos! Mindy also spends times playing with her two dogs and two cats. She enjoys cooking and baking and has even won a few competitions. Outside of work, Mindy facilitates the Parenting with Love and Logic program. She loves working with people, educating and helping them get their needs met. We are lucky to have Mindy as a part of our team!

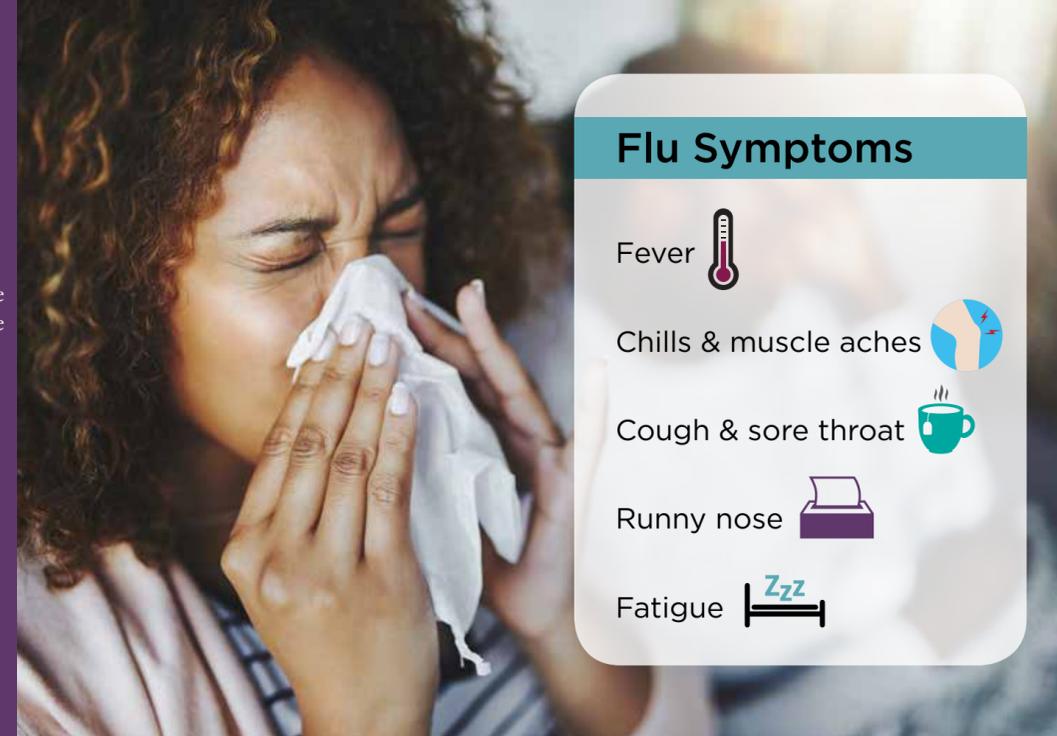
## FIGHT the Flu

It's back! Flu season is here again and is expected to be a bad one. The best way to protect yourself and your child from getting the flu is to get a flu shot. The Centers for Disease Control and Prevention says that everyone who is six months old and older should

get a flu shot. Did you know that the flu shot is free for Colorado Access members? It's true! There is a \$0 copay for flu shots with your child's doctor. If you can't get in to see a doctor, you can also go to a pharmacy. For a list of pharmacies you can go to, visit [coaccess.com/flu-shot](http://coaccess.com/flu-shot). Just

make sure to bring your child's Colorado Access ID card. If you need help finding a doctor for your child, visit [coaccess.com/child-health-plan-plus](http://coaccess.com/child-health-plan-plus) or call 888-214-1101.

For more information, go to [coaccess.com/flu-season](http://coaccess.com/flu-season).



## Flu Symptoms

- Fever
- Chills & muscle aches
- Cough & sore throat
- Runny nose
- Fatigue

## 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](http://coloradoaccess.wufoo.com/forms/newsletter-preference) to complete this survey.



## FIND A PROVIDER:

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

## Connect with Us!



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 Twitter, Facebook, YouTube and LinkedIn.

- @coloradoaccess
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