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# Stages

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



## RECIPE: Blueberry Oatmeal Squares

### Ingredients

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

### Directions

1. Preheat oven to 350°F (176°C).
2. Coat an 8-inch by 8-inch baking pan with cooking spray.

3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

Source: kidshealth.org/en/kids/oatmeal-squares.html?WT.ac=ctg#catrecipes

## SPRING 2018

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## THE FUTURE OF CHP+

We are happy to tell you that Congress has voted to refund Child Health Plan Plus (CHP+). On January 22, Congress voted to continue funding CHP+ for **10 more years**. This means you can still go to your same doctor

and get the same services. We are excited to continue to be able to help you get the care you need. If you need help finding a provider, call us at 303-751-9021 or visit [coadirectory.info/search-member](http://coadirectory.info/search-member).

## parents corner



### Care Manager Spotlight

Meet Rebecca. Rebecca is a care manager with our transitions of care team. She works with members who have been hospitalized because of chronic illness. She enjoys being able to connect members with providers during a confusing time. Rebecca also gets to help members understand their medical conditions. One thing she likes most about her job is working closely with her coworkers. Together, they can make sure people are using the health care system to get them what they need. Outside of work, Rebecca loves to travel and hike. Sometimes she'll even take her dog, Leia, with her. Born and raised in Colorado, Rebecca loves cheering on the Broncos, Avalanche and Nuggets. Many people might not know that she helped build a water purification system in Nicaragua. She is inspired by her grandmother who taught her to put others before herself. Rebecca is passionate about autism awareness and bringing awareness to those around her. She has worked with students with an autism diagnosis, making sure they have a good quality of life. Rebecca loves learning and has a master's degree in social work. We are so happy that Rebecca is a part of our team!

We know how important it is to you to keep your child safe. It's important to us too. That's why we want to remind you of a few ways to protect your child's health. Make sure they are wearing sunscreen whenever they go outside. Even if it is cloudy, they can still get a

sunburn. Always make sure your child has their seatbelt on in a car. Children should be in a car seat or booster seat until they are at least 8 years old. Teach your child to look both ways before crossing the street, and to never run into the middle of the street. It is also important that children

know if they "see something, say something." If something doesn't look or feel right to them, they should find an adult to tell. Finally, make sure they know where to go or who to call in case of an emergency.



### 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.