



ISSUE 14 :: MARCH 2007

CHP+ HIGHLIGHTS

A Resource for CHP+ Community Partners

CHP+ Highlights Survey

We would like to take this opportunity to conduct a brief survey to ensure that each issue of CHP+ Highlights is meeting your expectations. We included this survey in our January issue and received a small number of responses. We would like to thank those of you who have already responded. If you didn't have the opportunity to respond the first time, we encourage you to take just a few minutes to answer a few questions. Your feedback is very important to us and we will make changes based on what we hear from you.

1. What type of organization are you with?

If "Other":

2. Do you prefer to receive the newsletter in an email format or as a link that you can click on and view as a Web page?

Email Link

3. Is the design, copy and format easy to see and read?

Very easy
 Somewhat easy
 Somewhat difficult
 Very difficult

4. Do you usually print out the newsletter to read it or do you read it on your computer screen?

I print it I read it on screen

5. Is the information included in the newsletter helpful to you?

Very helpful
 Somewhat helpful
 Not helpful

6. Do you share this newsletter with colleagues?

Yes No

7. Is there any additional information you would like to see

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RESOURCE CONTACT INFORMATION

If you are interested in learning more about CHP+, please contact one of our Regional Outreach Coordinators (ROC) to set up a presentation or training session or if you would like to add a community event to our calendar.

Denver Metro

Region:

Ileana Perez
720-940-6969

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Denver Metro

Region:

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303-909-2010

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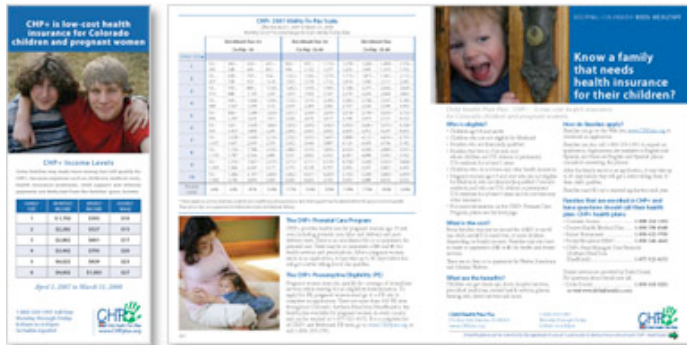
Southwest Region:

included in the newsletter?

Submit

CHP+ News

Updated materials now available



New CHP+ brochure inserts and professional deskguides with the updated Federal Poverty Level guidelines effective April 1, 2007 are now available.

To order professional deskguides [please click here for an order form](#). To order brochure inserts [please click her for an order form](#).

Identification requirements for families renewing CHP+ membership

Applicants are required to provide identification and citizenship documents when renewing their CHP+ membership each year in order to screen for Medicaid eligibility.

Alternative forms of identification and the waiver process identified in HB06 1023 are now acceptable until July 1, 2007. Governor Ritter signed HB07 1314 on March 1, 2007 allowing the submission of these documents beyond March 1, 2007. What this means is that [the current rules](#) will remain in effect until July 1, 2007.

Important eligibility information for providers

Always verify eligibility before rendering services. Why should you verify eligibility? The provider who checks a client's eligibility on the day of service and finds the client fully Medicaid or CHP+ eligible has a guarantee number for that eligibility. If eligibility has changed when the claim is billed, the guarantee number allows the claim to ignore the eligibility edit that would have denied the claim. This simple process today can save you, the provider, a lot of paper work in the future!

Reauthorization of the State Children's Health Insurance Program (SCHIP)

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The Bawmann Group

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On March 14, a diverse coalition of organizations including the Colorado Health Foundation, the Denver Metro Chamber of Commerce, Colorado Association of Commerce and Industry, Colorado Children's Campaign, Colorado Consumer Health Initiative, Colorado Hospital Association, Front Range Economic Strategy Center, Metro Organizations for People and The Children's Hospital, joined together at a news conference at The Children's Hospital to support the reauthorization of the State Children's Health Insurance Program (SCHIP).

This year, SCHIP must be reauthorized by Congress to continue. President Bush, members of Congress and governors across the nation are currently debating how much funding should be devoted to children's health insurance programs.

The news conference addressed the reauthorization debate and highlighted the importance of CHP+ for Colorado's children. The services the program offers give Colorado kids the tools they need to succeed at home, at school and at play.

New national and local data on uninsured children was released by The Robert Wood Johnson Foundation in conjunction with the news conference. [To download an overview of the research, click here.](#)

A unique perspective on the importance of health insurance was also presented on March 14. Colorado teen Jeffrey Klamut, former patient at Denver Health and The Children's Hospital, discussed his personal experience with a fellow patient who did not have health insurance. Last fall, Jeffrey was awarded first prize for the state of Colorado from the Campaign for Children's Health Care for his essay on the benefits of health insurance and the struggles those who go without face. [To read Jeffrey's essay, click here.](#)

Presenters at the news conference included:

- James Shira, M.D., F.F.A.P., The Children's Hospital;
- Megan Ferland, president, Colorado Children's Campaign;
- Jeffrey Klamut, Colorado teen;
- Ralph Pollock, chairman, HealthCare Council, Colorado Association of Commerce and Industry;
- Bill Lindsay, co-chair, Denver Metro Chamber of Commerce Health Committee; and
- Anne Warhover, president and CEO, The Colorado Health Foundation.

Cover the Uninsured Week: April 23 - 29, 2007

Now in its fifth year, Cover the Uninsured Week - a project of the Robert Wood Johnson Foundation - brings together business owners, union members, educators, students, patients, physicians, nurses, faith leaders and organizations in all 50 states and the District of Columbia to demand that our nation's leaders find solutions for the more than 46 million Americans living without health insurance. What started in 2003 as a week-long effort to raise awareness has become a nationwide movement to make this issue a top national priority. Each year, Cover the Uninsured Week continues to gain momentum as thousands of people organize events and activities on behalf of America's uninsured.

During the week of April 23 - 29, thousands of individuals and organizations from all sectors of society will mobilize nationally and in Colorado to tell our nation's leaders that it's time to take meaningful steps toward solutions. This year, Cover the Uninsured Week in Colorado will include efforts to promote the

303-320-7790

[Email](#)

**Colorado
Department of
Health Care Policy &
Financing Contact:**

Marketing Manager

Joanne Lindsay

303-866-3144

**CHP+ Customer
Service**

1-800-359-1991

**CHP+ HMO
Contacts:**

*CHP+ State Managed
Care Network (Anthem
BlueCross BlueShield)*

1-877-523-8171

Colorado Access

1-888-214-1101

**Denver Health
Medical Plan**

720-956-2100

Kaiser Permanente

1-800-632-9700

**Rocky Mountain
Health Plans**

1-800-346-4643

Delta Dental

303-741-9300

or

1-800-610-0201

*Your feedback is
important to us. If you
have any suggestions
for upcoming
newsletters, please
contact [Tammy
Stratton.](#)*

importance of children's health coverage and to demonstrate support for the reauthorization of the State Children's Health Insurance Program (SCHIP). For more information, go to www.CoverTheUninsured.org. Look for more information on Colorado Cover the Uninsured Week events in the coming weeks.



Test Your CHP+ Knowledge

Are you a CHP+ expert? Here are a few questions to put your CHP+ knowledge to the test. The answers can be found near the bottom of the newsletter.

1. When families renew their CHP+ membership, do they have to include identification documents?
2. When do the new Federal Poverty Level guidelines go into effect?
3. If a community based organization helps a pregnant woman fill out an application, should they send the application to the CHP+ office or the County?
4. Why should providers verify eligibility?
5. Did you take the CHP+ Highlights survey?

Health Tip

6 Tips To Reduce Physical Stress

By Jennifer Adolfs, a certified Pilates Mat and Equipment Specialist.

1. **Drink Plenty of Water** - Water is an essential component of life because every cell in the body uses it. It helps to reduce blood pressure, aids in elimination of waste from the body, balances acids in the body and carries nutrients into all the body's cells. Water also helps to reduce the risk of colon cancer and cardiovascular disease by processing the indigestible portion of food called fiber.

How much water is sufficient to drink daily? A good rule of thumb is to drink about eight to ten eight ounce glasses of water or other liquids each day (not counting caffeinated drinks like coffee which lowers the amount of water in the body).

2. **Eat Breakfast, Lunch, and Dinner** - Fortifying your blood sugar levels throughout the day with healthy meals will keep you fueled and ready to go all day long.

Try to include a protein, high grain carbohydrate and fruit or vegetable in every meal to balance out the blood sugars and satisfy your appetite.

Have healthy snacks throughout the day as well so you are less likely to overeat at mealtimes. Apples not only provide lots of fiber but all that bulk makes you feel fuller, so enjoy an apple a day.

3. **Stretch in the morning, mid-day and evening.** Taking just 5 or ten minutes to stop and stretch can help relieve tight muscles and stimulate circulation.

Pilates mat exercises are a great way to stretch quickly and easily almost

anywhere. They are mind and body energizers, muscles lengtheners and core/abdominal stabilizers.

4. **Elevate your heart rate daily** - Go outdoors and take a walk, hike or ride bike. Any activity that you like to do to get some sun and air will help you feel energized and clear your mind to focus on important tasks.

Cardiovascular exercise done daily for 20 - 60 minutes can stimulate your heart health and pulmonary function. A regular and consistent exercise stress reduction routine can improve your endurance, strength for daily activities and improve your overall mood.

5. **Develop a Healthy Sleep Pattern** - Same time to bed and same time to rise everyday keeps your body and mind functioning optimally. During sleep your cells regenerate and you grow stronger. So, if you want to work and play hard then make sure you also sleep hard.

Make sure you have adequate wind down time at night by staying away from television and computer screens for as long as possible before going to bed to allow your mind to relax.

Take a hot bath; water transforms.

Stay away from processed foods, simple carbohydrates and alcoholic beverages after 3:00 p.m. because they will disrupt blood sugar levels.

6. **Live in the Present Moment** - Listen to your body and respond to its needs.

If you are hungry feed your body what it needs, healthy and wholesome foods. If you are tired take a nap. If you are feeling sluggish take a walk or bike ride, get out and enjoy the sun and fresh air. If you are feeling tense and tight in the muscles do some Pilates-based stretching exercises, once again they are easy to do anywhere you have a smooth surface to lie on.

Jennifer Adolfs is a certified Pilates Mat and Equipment Specialist who works with musculoskeletal injuries. Her new Pilates Ebook outlines a progressive sequence of Pilates mat exercises and stretches for all abilities. Find more great Pilates articles and free tips by going to her Web site at <http://www.Pilates-Back-Joint-Exercise.com>.

Community and Training Events

CHP+ is very excited to be participating in nearly 30 9Health Fairs around Colorado. CHP+ information will be available for the thousands of families that attend the special events with the generous help of trained volunteers from the Colorado State Association of Health Underwriters. The majority of the fairs occur between April 14-22. [To find where CHP+ will be participating in 9Health Fairs and additional community events, click here.](#)

For more information about community and training events or to share news of a community event contact the Regional Outreach Coordinator in your area.

CHP+ Spotlight

Family Educational Network of Weld County

Family Educational Network of Weld County is a federally funded program which provides comprehensive services for children ages 3 to 5 years old in the areas of early childhood education, health, mental health and family and community partnerships. The Head Start program serves approximately 600 children.

During the summer, the Migrant Head Start Program serves infants, toddlers and preschool age children. This program serves approximately 275 children statewide. Both programs encourage the enrollment of children with disabilities and will provide special services.



The fabulous and dedicated Family Educational Network of Weld County team!

The goal of the Family Educational Network of Weld County is to ensure that all children enrolled in the programs have health insurance, whether it is CHP+, Medicaid or private insurance. Guest speakers from the CHP+ program have come to talk with the staff as well as parents. The staff also provides applications to families and assists them in completing the applications.

The staff's efforts also can include home visits. The Family Educational Network of Weld County has been providing outreach, education and application assistance services for CHP+, since the program's inception. Over the years, the efforts have increased. The team reaches out for regular support and training from the CHP+ program to make sure the staff is able to help families enroll in the program.

According to the Family Educational Network of Weld County, having CHP+ in the community has opened the door to many families who need health insurance for their children. The CHP+ marketing and outreach team applauds the wonderful services of the Family Educational Network of Weld County and the staff's dedication to promoting access to health care.

Test Your CHP+ Knowledge - Check Your Answers:

1. Yes, applicants are required to provide the proper identification documents when renewing their CHP+ membership. This is only required once.
2. The new Federal Poverty Level guidelines go into effect April 1, 2007 and are included in the new brochure inserts and professional deskguides.
3. If a community based organization helps a pregnant woman fill out an application, they may send the application to either the CHP+ office or the County.
4. The provider who checks a client's eligibility on the day of service and finds the client fully Medicaid or CHP+ eligible has a guarantee number for that eligibility. If eligibility has changed when the claim is billed, the guarantee number allows the claim to ignore the eligibility edit that would have denied the claim.
5. If you took the CHP+ Highlights survey, thank you for your feedback. If you

haven't taken the survey, we encourage you to take just a few minutes to answer a few questions at the top of this newsletter. Your feedback is very important to us and we will make changes based on what we hear from you.

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