

COLORADO ACCESS

We are the largest and most experienced public sector health plan in the state. As a nonprofit organization dedicated to more than just providing access to care, we are dedicated to advancing meaningful, measurable improvements in the way health care is delivered to create healthier lives. Learn more at coaccess.com.

Please note that we do not offer crisis services. If you're having a behavioral health crisis, call Colorado Crisis Services. You can call or text their free hotline 24 hours a day, seven days a week. Call 844-493-TALK (844-493-8255) or text TALK to 38255.

REGIONAL ACCOUNTABLE ENTITY

Colorado has seven regions. Those with Health First Colorado (Colorado's Medicaid Program) belong to a Regional Accountable Entity (or regional organization) that helps connect them with the health care they need. We are the Regional Accountable Entity (RAE) for the Region 3 (Adams, Arapahoe, Douglas, and Elbert counties) and Region 5 (Denver County) of Colorado. We are also a Managed Care Organization for Child Health Plan *Plus* (CHP+).

Colorado has seven regions. If you have Health First Colorado, you have a regional organization. This is sometimes known as a Regional Accountable Entity (RAE). This is based on where your primary care doctor has their office.

We are your regional organization if your primary care doctor is in:

- Adams, Arapahoe, Douglas, or Elbert County (Region 3 of Colorado).
- Or Denver County (Region 5 of Colorado).

Even if you don't live in one of those counties, if your primary care doctor has an office there, then you are likely our member.

As your regional organization, we help with your behavioral and physical health care. We work with a network of doctors to make sure you can get the care you need. This means both primary care doctors and behavioral health specialists.

You can change your primary care doctor or your regional organization:

- Online at enroll.healthfirstcolorado.com.
 - On the Health First Colorado mobile app. The app is free in the Apple App Store or Google Play Store.
 - Use the app to learn about your benefits, update your information, get your member ID card, and more. Visit healthfirstcolorado.com/mobileapp to learn more.
 - You need a free PEAK account to use the app. Visit coloradopeak.secure.force.com to make an account.
 - By calling Health First Colorado. Call them at **303-839-2120**.
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WELL VISITS

Even if you're healthy, it's still important to see your doctor once a year for a well visit. If you don't have a doctor, we can help you find one. Call us at **866-833-5717**. Or find one online at coaccess.com. There is a link to our directory on the homepage of our website.

Well visits can help you stay healthy. They can help your doctor find health issues before they become more serious problems. Well visits are a great time to:

- Talk to your doctor about any concerns you have.
- Make sure you're up to date with vaccines and health screenings.

- Get tips from your doctor on how to live a healthier life. This means things like quitting smoking and eating right.
 - Get referrals from your doctor for a behavioral health specialist and other specialists. If needed
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CARE COORDINATION SERVICES

Our care coordinators can work with you, your family, and your doctors. They can help you understand your benefits, coordinate care, and find community resources. They know about many health conditions. They can help you:

- Find a specialist if you need one.
- Create and meet your health goals.
- Learn about your benefits and the medications you take.
- Get home after a hospital stay.
- Get a ride to behavioral or physical health visits. This is a benefit called non-emergent medical transportation (NEMT).
- Get other resources you may need. This means things like:
 - Food resources. This means food banks. Or programs like Women, Infants, and Children (WIC) and Supplemental Nutrition Assistance Program (SNAP).
 - Resources to help you quit smoking.
 - Finding healthy housing. This means lowering lead, radon, and mold levels in your home.

Get connected to a care coordinator today. Call **866-833-5717**. Call Monday through Friday from 8:00 a.m. to 5:00 p.m.

DO YOU NEED HEALTH INSURANCE? WE CAN HELP!

Access Medical Enrollment Services (AMES) is our Eligibility Application Partner (EAP). They can help you sign up for medical assistance programs. This means Health First Colorado, CHP+, and long-term care.

To learn more:

- Visit accessenrollement.org
- Call **303-755-4138**
- Email appassist@accessenrollment.org