



Para Usar Su Cobertura De Medicaid

Escoja su Médico De Cabecera. Un doctor que lo conoce y sepa que tratamientos y servicios darle que sean mejor para usted.

Solo vaya al cuarto de emergencias cuando sea una emergencia. Una emergencia es cuando su vida esta en peligro y necesite cuidado inmediato como dolor muy severo o alguna enfermedad imprevista.

Llame la linea de enfermeria al 1-800-283-3221 si no esta seguro de como actuar. Enfermeros estan disponibles las 24 horas.

Consejos para sacarle provecho a su cita con su doctor:

- ▶ Apunte sus preguntas antes de la cita.
- ▶ Llegue a la cita 10 minutos antes.
- ▶ Si no puede llegar a su cita, llame 24 horas antes para cancelarla.
- ▶ Cuando describa algún problema, informe a su doctor de absolutamente todo aunque le parezca que no sea importante o sea vergonzoso.
- ▶ Lleve con usted a algun familiar que lo ayude a hacer preguntas y recuerde lo que le diga el doctor.

Using Your Medicaid Coverage



Choose a Primary Care Provider.

A doctor that knows you, knows what treatments and services are best for you.

Only go to the emergency room for emergencies. An emergency is when your life is in serious danger and you need care right away, such as severe pain, or a sudden serious illness.

Call the Nurse Advice Line at 1-800-283-3221 if you are not sure what to do. A nurse is available 24 hours a day.

Tips for making the most out of your doctor visit:

- ▶ Write your questions down before your visit.
- ▶ Arrive at least 10 minutes early.
- ▶ If you cannot make an appointment, call 24 hours ahead to cancel.
- ▶ When you are describing a problem, give your provider all of the information even if it does not seem important or it seems embarrassing.
- ▶ Bring a family member with you to help you ask questions and remember what your provider says.

Staying Healthy

Take care of your body

Preventing health problems begins with you. Take control of your health by taking care of yourself.

- ▶ Try to quit smoking, even if you've tried before. The Colorado QuitLine is here to help at 1-800-784-8669.
- ▶ Add some exercise, like walking, to your day.
- ▶ Try new foods and eat only enough to satisfy you.

Take care of your mental health

- ▶ If you have trouble with drugs, alcohol or if you are sad or depressed, there are treatments available to help you. Contact the Medicaid Customer Contact Center to learn more.

Denver Metro area: 303-866-3513
Outside of Denver: 1-800-221-3943
TDD: 1-800-659-2656
 Customer.Service@hcpf.state.co.us

Get preventive care

- ▶ Bring children to a yearly well-visit for a check-up and for vaccinations. Take them to the dentist two times a year.
- ▶ Medicaid covers one well-visit every year for adults. A well-visit can help you prevent problems and catch problems before they become serious.



Colorado Department of Health Care Policy and Financing
Improving access to cost-effective, quality health care services for Coloradans
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Mantengase Saludable

Guide su cuerpo

Prevenir problemas de salud comienza con usted. Tome control de su salud.

- ▶ Intente dejar de fumar, aunque lo haya intentado antes. Llame a The Colorado Quitline (1-800-784-8669) una línea para ayudarle a dejar de fumar.

Haga ejercicio, como caminar.

- ▶ Intente comer nuevos alimentos y cuando ya esté satisfecho no coma más.

Guide su salud mental

- ▶ Si tiene problemas con drogas, alcohol, o si esta triste o deprimido hay tratamientos disponibles para ayudarle. Contacte al Servicio al Cliente de Medicaid para mas información.

Area Metropolitana de Denver: 303-866-3513
Fuera del area de Denver: 1-800-221-3943

Para personas con problemas auditivos:

1-800-659-2656
Customer.Service@hcpf.state.co.us

Obtenga cuidado de salud preventivo

- ▶ Lleve a sus niños a su chequeo annual y para vacunas. Llévelos al dentista dos veces al año.
- ▶ Medicaid cubre un chequeo al año para los adultos. Úselo para encontrar y prevenir problemas mas serios.