

Rocky
Mountain

health

Summer 2013

We are *here to help you*

Have you ever wished you could talk to someone about your disease or a treatment? Do you have questions about your medications, therapy, or how to schedule appointments with doctors and specialists? Are you thinking about having surgery but don't understand what is involved?

Rocky Mountain Health Plans (RMHP) has skilled RN Case Managers who can help you navigate these issues. The program is free to all Members in Colorado.

An RN Case Manager is your go-to person within the health plan. He or she can answer questions, recommend care options, and work with doctors, specialists, and others to help put together a health care plan for your specific needs.

In addition, our RN Case Managers have access to resources throughout our communities to help Members who are having trouble meeting their copays. RN Case Managers can put Members in touch with state and national organizations that may be able to help. You don't need an appointment or referral—you can call an RN Case Manager just to ask a question.

Don't get frustrated with today's complex health care system. Let the Care Management team at RMHP be your guide. RN Case Managers can be reached Monday through Friday, 8 a.m. to 5 p.m., at **800-793-1339**.



Call **800-793-1339** to
get expert answers.



Third party claims help from Healthcare Recoveries

Rocky Mountain Health Plans is committed to finding ways to reduce expenses, which in turn helps to control premiums. One way we do this is by collecting the cost of medical

services our Members incur when a third party is responsible. A motor vehicle accident where the other driver was at fault is the most common example of a third-party liability.

Rocky Mountain Health Plans has retained the services of Healthcare Recoveries, Inc., to act as our representative regarding claims paid for our Members when a third party may be responsible. If you are injured in an accident, you may receive a letter

from Healthcare Recoveries, Inc. We appreciate your cooperation with Healthcare Recoveries, Inc., and look forward to working together to keep costs low. If you have questions, please contact our Customer Service department.

Summer is the perfect time to go green

Rocky Mountain Health Plans (RMHP) is pleased to offer Subscribers the opportunity to access important health plan

documents and benefit information online. By opting in, Subscribers will no longer receive certain documents by mail.

Signing up is safe, simple, and secure.

Your plan's Subscriber (the individual whose name is listed as the primary plan holder) can register by visiting **access|RMHP** and completing the required fields.

Once registered, the Subscriber will receive an email notification when new documents are available. Plan Subscribers

must provide their consent on behalf of all family members enrolled on their plan to receive documents electronically. Subscribers must have an **access|RMHP** login, an email address, internet access, and Adobe Acrobat Reader.

RMHP is committed to respecting your concerns about privacy. We will never sell or distribute your email address.

Are you ready to go green?

- **RMHP Medicaid and CHP+ Members can visit rmhp.healthtrioconnect.com/index.cfm.**
- **RMHP Accountable Care Collaborative (ACC) Members can access information at acc.rmhp.org.**

Work with your child's doctor

When it comes to getting the best possible health care, it helps when kids have a champion for their cause. That's where parents come in.

Being actively involved with your child's care can help your child get better results and reduce the chance of medical errors, notes the American Academy of Pediatrics (AAP). Here are some pointers from the AAP and the American Medical Association:

Tell your child's doctors

about all the medicines

your child takes. This includes over-the-counter remedies and vitamins. Make a list or bring them with you. Mention any allergies or drug reactions too.

Ask questions. When it comes to your child's well-being, there are no dumb or unimportant questions. So don't be too shy or embarrassed to ask the doctor what's on your mind. If a test or procedure is advised, ask why and how it

can help. Ask when results will be available, and call if you don't hear back.

Understand the answers. If you don't understand something, ask for explanations until it's clear. Your child's doctor can explain medical terms in words you and your child can understand.

Help build a foundation. A doctor-patient relationship will be key to your child's health for years to come. You can help foster that relationship—for example, by encouraging your child to talk openly with his or her doctor.

Healthy mouth, healthy body



We often take our oral health for granted, and many people don't even think about it until they are in pain. Somehow, it's become normal to think about our mouths and our teeth as completely separate from the rest of our body. But oral health is very closely related to overall health. Preventive dental visits are an important way to maintain not just a healthy mouth but a healthy body as well.

Get thee to a dentist

You take pretty good care of your teeth by brushing and flossing daily. You don't have any major dental issues. So do you really need to see the dentist every six months? Yes!

In addition to preventing painful and costly dental problems later on, regular dentist visits can detect signs of nutritional deficiencies, general infection, or even more serious systemic diseases.

More than 120 diseases can cause specific signs and symptoms in and around the mouth and jaw. But a dentist doing regular checkups can spot symptoms that could indicate serious health problems elsewhere in the body. Periodontal (gum) disease, for example, has been linked to a host of health problems, such as heart disease, stroke, and diabetes.

The bottom line: Better oral health translates into better overall health, and that means fewer days of school or work missed because of dental pain and more

confidence to go forward in the pursuit of your goals.

Delta Dental of Colorado is working to improve the oral health of the communities we serve. One way we are doing that is through the dental risk assessment tool on our website, www.deltadentalco.com. MyDentalScore was developed to help you make the connection between the health of your teeth and gums to your overall health. We encourage you to log on and take this survey, then take the results with you to discuss with your dentist at your next checkup.



Starting a family?

If you are considering becoming pregnant, we invite you to enroll in our free pregnancy program. Our comprehensive program provides education material, guidance, resources, and support that is personalized to you. Our OB Case Manager is an experienced registered nurse and will collaborate with your care provider to review your pregnancy risk factors and help you set individual goals.

What can you do now? Establish care with a primary care physician, eat healthy, take a daily multivitamin with folic acid, get moderate exercise, wear your seat belt, and stop smoking! These simple steps promote a healthy lifestyle for you and a good start for your baby.

Call **800-843-0719, ext. 5564**, Monday through Friday, 8 a.m. to 5 p.m. No appointment is necessary.



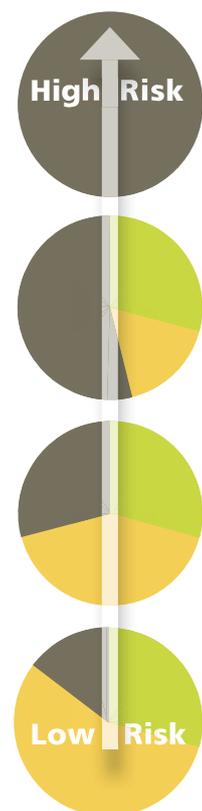
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MCR

Activity
 +
 Break time
 =
 Protection
 from cancer



Activity
 Break time
 Sedentary

per 24 hr. period

Do you *have sitting disease?*

If you're like most Americans, you're spending an average of 9.3 hours a day sitting. Sitting is so prevalent, accepted, and common that we don't think twice about how much time we spend sitting. But doctors and research studies are connecting the dots between chronic diseases and sitting.

The American Institute of Cancer Research reports as many as 49,000 cases of breast cancer and 43,000 cases of colon cancer are linked to a lack of physical activity. This shows the critical role that activity—and the lack of activity—plays in the development of cancer. Many other statistics help explain why sitting could be called the new smoking.

Sitting is prevalent even for people who might be considered active. Perhaps you wake up and make time to go to the gym. You spend 30 minutes walking briskly on the treadmill. You feel pretty good about yourself—and you should, since you are part of the 31 percent of adults who actually engage in regular physical activity. But the big question is this: What happens during the other 15½ hours that you spend awake? If you're like most adults, you sit. You commute, you sit at your desk, you sit when you get home, you sit to relax with your family—you sit, sit, sit all day long. Even though you fit the traditional definition of being a physically active adult, you're only active for

three percent of the day. The remaining 97 percent of the time you're sitting.

By adding several small breaks throughout your day, you can have a huge impact on your overall health. Recent research suggests that your risk of cancer goes down when you interrupt prolonged sitting with brief breaks of one to two minutes. Neville Owen, of Australia's Baker IDI Health and Diabetes Institute, reports that breaks as short as one minute every hour can reduce waist circumference, insulin resistance, and inflammation.

Remember to stand up and be active throughout your day. Below are five simple ways you can be more active.

5 tips for moving more

1. Put a reminder on your calendar to get up every hour and take a short walk down the hall.
2. Make walking meetings a standard. Instead of sitting at the table discussing things, walk and talk.
3. Stand up during phone calls. If you can, walk around your office.
4. Stretch before you head to lunch.
5. Take a walk after dinner.

