

Rocky
Mountain

health

Spring 2014



Speak up for your health

Silence may be golden—but not at your doctor's office. Asking questions and sharing information helps you get the medical care you need.

Some tips for talking with your health care team: **Tell all.** Share details about your health history—past and present. Don't be shy. Bring up any symptoms you're having, even if you're embarrassed.

Ask away. Prepare a list of questions in advance (and circle your top three) so you won't forget to ask them.

Check your meds. Bring your medicines, including any supplements and nonprescription products. You and your doctor can review them.

Be realistic. If you don't think you can follow your doctor's orders—for example, if your treatment is confusing or you can't afford your medicines—say so.

Take your time. Have your doctor explain anything that doesn't make sense. If it helps you understand or remember instructions, bring a friend or ask if you can record the appointment. If you need more time, just ask.

Stay in touch. Be sure to contact your doctor's office after your visit if you still have questions or any new concerns.

Don't be shy in calling Rocky Mountain Health Plans for help—we are here to help guide and support you through your health care system. Get all of RMHP's contact info inside.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians



RMHP will walk with you—join us **April 26** at the March for Babies in Colorado Springs, Denver, and Grand Junction. A fun day out of walking with people who share a passion for improving the health of babies.

Get tips to make walking part of your life at rmhp.org/blog and learn what 10,000 steps can do for you.

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800-843-0719

Make the most of well-child

Some of the most important doctor visits happen when your child is feeling just fine. These well-child visits help ensure that your child's growth and development are on track. Your child's health is checked top to bottom, inside and out. The basics of a checkup might include (depending on your child's age):

- Checking the ears and eyes to be sure hearing and sight are normal.
- Listening to the heart and lungs to rule out breathing problems or abnormal heart rhythms.
- Pressing on the belly to check for swelling or pain.
- Examining the genitals for signs

- of infection or other problems.
- Making sure the legs and hips move normally, to be sure there are no problems with the joints.
- Checking whether your child needs any immunizations.
- Assessing your child's overall abilities, such as walking, talking, and other developmental milestones.

More than medicine

Remember, your child's doctor can help you with questions and concerns about many issues, not just those related to physical health.

For instance, the doctor can offer information about healthy eating, sleeping, and potty training

Walk *into a world of wellness*

They say you can understand someone by walking a mile in his or her shoes. But what do you gain by walking a mile in your own? Plenty!

A brisk walk pumps up your muscles, including the heart and lungs, and perks up your mood. It helps keep your weight in check and regulates blood sugar. Walking also boosts your energy and bone strength and helps relieve chronic pain.

All these small benefits add up in a big way. People with a walking habit of 30 minutes a day lower their risk for heart disease, type 2 diabetes, and obesity. Regular walkers may even live longer than those who take a pass on exercise. Studies say you can gain two hours of life for every hour you spend walking. Now that's a victory lap.

Hitting the road

It may be a modest motion, but walking can take you to remarkable places and enhance your social life. You might enjoy:

- An early morning stroll through your neighborhood—bask in the quiet and listen to nature.
- A noontime walk with a co-worker—catch up or do some window shopping.
- A weekend hike with the whole

clan—kids and teens profit from time outdoors too. Take photos and bring a picnic to make a day of it.

Of course, when bad weather hits, you'll want to head to a museum or mall or step on a treadmill to get in your daily strides. But on many not-so-nice days, a jacket with a hood is all the gear you'll need to keep up your walking ways.

That's the beauty of walking—the simplicity. You can get started with just a good pair of shoes—those designed for walking or running are your best bet. Be sure they fit well and have arch support and heel cushioning.

Pace yourself

The pace you choose will depend on your overall health—check with your doctor first if you have any concerns about walking. You can begin with as little as 10 minutes of strolling and gradually work up to a brisk 30 minutes. Every step takes you further into a world of good health and well-being.

Sources: American Academy of Podiatric Sports Medicine; American College of Sports Medicine; American Council on Exercise; American Heart Association; Arthritis Foundation; Weight-control Information Network

After-school strawberry shake

Makes three servings

Ingredients

- 1 pint strawberries, hulled
- 3 whole strawberries for garnish
- 2 medium bananas, peeled and cut into one-inch chunks
- ½ cup strawberry or fat-free plain yogurt
- 4 ounces orange juice
- 1 teaspoon light honey
- 3 cups ice cubes

Directions

- In a blender, combine all the ingredients except 1½ cups of the ice cubes, and puree until smooth.
- Add the remaining ice; blend until smooth.
- Pour into tall glasses and garnish with whole strawberries.

Nutrition information

Amount per serving:
150 calories (three percent of calories from fat),
5g total fat (0g saturated fat), 4g protein,
35g carbohydrates,
0mg cholesterol,
4g dietary fiber,
40mg sodium

Source: Produce for Better Health Foundation



Did you know March was National Nutrition Month? Visit rmhp.org/blog to get some healthy eating tips.

visits

as well as give you tips for childproofing your home. He or she can also point you to childcare resources and recommend parent support groups.

You can also get advice on social or emotional issues, school difficulties, or behavior problems.

And one more thing to keep in mind: Older kids may benefit from talking to their doctor about issues they face, such as their changing bodies, peer pressure, smoking, drinking, and sex.

There are so many issues to talk about that you may



have trouble remembering all the questions you want to ask. Make a list ahead of time, so you can be sure to cover them all, or at least the most important ones.

Scheduled visits

The American Academy of Pediatrics recommends well-child visits at these ages:

- Newborn, three to five days, and by one month.
- Two, four, six, nine, 12, 15, 18, 24, and 30 months.
- Three years, four years, and once a year after that through age 21.

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Why spend more?

We work with your local pharmacies to help you save more money. Beginning this year, you can now get your 90-day prescriptions filled at any retail pharmacy identified as a preferred retail pharmacy for the same co-pay as Mail Order prescriptions! Also, generic

prescriptions may cost less at a preferred retail pharmacy.

By using the preferred retail pharmacy network, you will receive savings on your prescriptions and the benefits of personal contact with your pharmacist.

These statewide pharmacies are preferred retail pharmacies: **Albertsons • City Market • Good Day • King Soopers • K-Mart • Rite Aid • Safeway • Target**

The following independent pharmacies are preferred retail pharmacies:

Alamosa	Alamosa Pharmacy	Edwards	Vail Valley Pharmacy
Bayfield	Mill Street Drug	Grand Junction	Orchard Pharmacy
Boulder	Pharmaca 1 Pharmacy • Pharmaca 14 Pharmacy • Pharmaca II Pharmacy • The Apothecary at UMGP • The Apothecary at Wardenburg Health Center	Lakewood	Blue Spruce Pharmacy • Peoples Pharmacy • St. Anthony's Pharmacy • Union Square Pharmacy
Brighton	Platte Valley Pharmacy	Las Animas	Val-U-Med Health Mart
Brush	B&B Pharmacy	Littleton	Apothecare Pharmacy • Gem Pharmacy
Byers	Chase Pharmacy	Loveland	Loveland Community Health Center Pharmacy
Cedaredge	Cedaredge Pharmacy	Ordway	Ordway Pharmacy
Centennial	Centennial Medical Center Pharmacy	Palisade	Palisade Pharmacy
Colorado City	Jeff's Valley Healthmart	Paonia	Hays Drug Store
Colorado Springs	A Village Pharmacy • Colorado Springs Health Partners Pharmacy • Penrose Professional Pharmacy • Professional Pharmacy, LLC	Pueblo	Blende Drug • Medical Arts Pharmacy • The Prescription Shop
Del Norte	Rio Grande Pharmacy, LLC	Rangely	Rangely Pharmacy
Denver	Advanced Rx • Apothecare Pharmacy • Care Plus CVS Pharmacy # 00102 • Cornell Prescription Pharmacy • Denver Health Central Fill Pharmacy • Eastside Neighborhood Health Center • Denver Health Med Center Infectious Disease Pharmacy • Denver Health Medical Center Hospital Pharmacy • Denver Health Primary Care Pharmacy • La Casa Quigg-Newton Health Center • Montbello Family Health Center Pharmacy • National Jewish Health • Westside Neighborhood Health Center Pharmacy	Raton	The Medicine Shoppe #1387
Eads	Kiowa Healthmart	Rocky Ford	Harris Pharmacy
Eagle	Eagle Pharmacy	Springfield	Gale Drug
		Steamboat Springs	Lyon Drug Store
		Sterling	Sterling Grocery Mart Pharmacy
		Telluride	Apotheca
		Trinidad	Hometown Pharmacy & Medical
		Vail	Eagle Valley Pharmacy
		Walsenburg	Star Drug Health Mart



Visit rmhp.org/members/rx-info to get more information about prescription drugs and services, including the current list of the preferred retail pharmacy network.