Play hard, play safe this summer

Summer sparks a sense of freedom, an open invitation to play outside. Here are some tips to keep you safe and the summer fun coming.

Play it cool

Whenever you go outside, make sure to drink plenty of water and to wear sunscreen (SPF 30 or higher), a wide-brimmed hat, and UV-blocking sunglasses.

As temperatures rise, so does the risk of heat-related illness. The most serious is heatstroke. Signs include a body temperature of 103 degrees or higher; hot, red, dry, or damp skin; a rapid, strong pulse; confusion; agitation; slurred speech; or loss of consciousness. Call 911 immediately if you think someone has heatstroke. Try to bring the person’s temperature down by moving them indoors or into the shade. Bathe, mist, or spray them with cool water. Apply cool, damp towels, sheets, clothing, or ice packs while you wait for emergency medical assistance to arrive.

Pool rules

Never take your eyes off children around water—not even briefly. Someone can get into trouble in the time it takes a
Thinking about going to the ER or Urgent Care Clinic? Try MyDigitalMD first!

Wondering if that rash, sprain, or horrible cough justifies a trip to the emergency room or urgent care clinic? Try MyDigitalMD from Rocky Mountain Health Plans first! You can use MyDigitalMD on your computer or mobile device to text, image share, or video chat with a doctor.

MyDigitalMD doctors will evaluate your symptoms, answer your questions, and tell you if you need further treatment—or if you can take care of yourself with a home remedy. The doctor can even send a prescription to your local pharmacy, if that’s what you need.

Help when you need it
Remember, if you have a medical emergency, always call 911 immediately. If you’re not sure the emergency room is the right place for your common illness or injury or it’s after hours at your doctor’s office, contact MyDigitalMD. Doctors are available seven days a week, 8:00 a.m. to 10:00 p.m., to give you the help you need, when you need it!

MyDigitalMD is available at no cost to you. It’s instant access to a doctor that can help you make the best decision for your health. Here’s how to get started:

- Download the app from the App Store or Google Play, or sign up for your free account at MyDigitalMD.com.
- Start messaging immediately: Sign in, complete three brief health questions, and you can start messaging with a doctor immediately.

How to take care of your medications so they’ll take

Handling and storing medication properly keeps it working the way it should. Hot summer days can offer a bit of a challenge, so follow our tips for taking care of your medication.

Most medications should be stored in a cool, dry place. Between 68 and 77 degrees Fahrenheit is considered room temperature. Storing medication improperly can decrease its effectiveness. Don’t be tempted to put your medicine in the refrigerator, unless specifically instructed to. The fridge is too humid for most drugs and can shorten their life span.

Below are some tips for safeguarding your medications in the hot months ahead.

Always ask a pharmacist if you have questions

Medications coming by mail?
Track your order online and watch for the mail carrier. Take the package inside and put medication away as soon as possible.

Can’t be home for delivery? Try one of these tips.
• Ask a trusted neighbor to take the package inside when it’s delivered.
• Leave a note asking the carrier to leave the package in the shade.

On your summer road trip
• Keep medications inside the air-conditioned car, not in the trunk.
• Consider a small cooler for your medications if you need to leave them in the car while you are out enjoying your vacation destination.
RMHP helpful resources
Find the answers you need in the “Helpful Resources” section of the RMHP online Learning Center! Now you can find information about:
• Privacy and confidentiality practices
• Benefit information
• RMHP formulary (drug list) updates
• What to do if your doctor leaves the RMHP network
To find this information and more, simply visit rmhp.org/learning-center/helpful-resources. If you would like a written copy of this information, call RMHP’s Customer Service at 800-346-4643 or 970-243-7050, or you can send your request in writing to Rocky Mountain Health Plans, 2775 Crossroads Blvd., Grand Junction, CO 81506.

care of you
about storing a particular medication. The pharmacists at RMHP can help with this. They can also help lower your monthly prescription costs by recommending cost-saving alternatives to you and your doctor. To ask for a medication review, email RxMedReview@rmhp.org or call our hotline at 877-288-5773.

Errand run
Make the pharmacy the last stop on your errand run, and put your medications away as soon as you get home. Don’t leave them in the car.

At home
Store medications in a dresser drawer or closet. Despite being home to the “medicine cabinet,” the bathroom is not a good place to store medications because of the moisture in the air.

Summer veggie soup
Makes 6 servings.

Ingredients
1 tablespoons extra-virgin olive oil
1 medium onion, chopped
4 cloves garlic, minced
2 carrots, sliced into ¼-inch pieces
32 ounces reduced-sodium chicken broth (vegetable broth may be substituted)
1 can (15 ounces) chickpeas, drained and rinsed
2 medium yellow squash, sliced into ¼-inch pieces
1 medium zucchini, sliced into ¼-inch pieces
2 medium potatoes, diced into ½-inch pieces
1 cup corn kernels, fresh or frozen
Salt and freshly ground black pepper to taste
6 asparagus spears, cut into 1-inch pieces
2 plum or Roma tomatoes, coarsely chopped
¼ cup fresh basil, finely chopped
¼ cup fresh chives, coarsely chopped

Directions
• In soup pot, heat oil over medium heat. Add onion and garlic, and sauté about 6 to 8 minutes.
• Add carrots, and cook until softened, about 5 minutes.
• Stir in broth, chickpeas, squash, zucchini, potatoes, corn, salt, and pepper. Bring to boil.
• Reduce heat, and simmer about 5 minutes. Stir in asparagus, and cook 2 minutes, or until squash and potatoes are tender but not mushy. Then stir in tomatoes and cook 2 minutes.
• Place in bowls, garnish with basil and chives, and serve.

Nutrition information
Serving size: ⅙ recipe. Amount per serving:
210 calories,
3.5g total fat (0g saturated fat),
38g carbohydrates, 9g protein,
7g dietary fiber,
340mg sodium.

Source: American Institute for Cancer Research
Do you have asthma or diabetes?

Rocky Mountain Health Plans Disease Management Nurses can help you manage your chronic health condition with education, resources, and support. If you want to know how we can help, call one of our nurses at 888-847-6466, 8:00 a.m. to 5:00 p.m., Monday through Friday.

Play hard, play safe
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distracted adult to answer a phone, for instance. Everyone, even adults who are good swimmers, should heed these rules: Never swim alone. Always wear a life jacket when boating. Never mix alcohol with water recreation.

Picnic perfect

Warmer weather quickens the growth of bacteria in food, which increases the risk of food poisoning. Remember to chill leftovers promptly and toss any food unrefrigerated for more than two hours or more than one hour in 90-degree-plus weather.

Don’t let ’em bug you

Whether you find insects beautiful or annoying, you should know that a few can carry illnesses. To help guard against these pests, use an insect repellent that contains DEET. If you’re planning to walk or hike in areas with tall grass or shrubs, wear light-colored long pants tucked into your socks or hiking boots. After your hike, check for ticks. They’ll be easier to spot on light-colored clothing.

Protect your noggin

Many kids practically live on their bikes or skateboards during the summer. Make sure yours are wearing a helmet. The same advice applies to adults. Helmets help reduce the risk of head injury, such as concussion and other traumatic brain injuries. Helmets are also a good idea when playing baseball or softball, skating, horseback riding, and navigating the rapids on Colorado’s many exciting rivers.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-346-4643 (TTY: 711).


Notice of nondiscrimination

Rocky Mountain Health Plans (RMHP) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.