A healthy checklist for 2018

Many things around us reboot each year, like subscriptions and memberships. Other details require action. Either way, there’s nothing like a checklist to help you get organized and even start healthy new habits. These reminders can help.

- Check to be sure all covered family members received new RMHP ID cards.
- Review medical, vision, and dental plans so you know your benefits.
- Schedule primary care visits, screenings, dental check-ups, eye exams, and update your glasses if needed.
- Set up your account on our secure Member portal for easy access to your plan benefits, claims status, provider lists, forms, and more. Go to rmhp.org, click on “MyRMHP” at the top of the page, and follow the instructions.
- Save a tree. Log in to your MyRMHP account at rmhp.org, click on “Preferences” and “Go Paperless” to receive plan documents and other paperwork electronically.

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Salmon burgers and sweet potato oven fries

Makes 4 servings.

**Ingredients**

**Sweet potato oven fries**
- 4 large sweet potatoes or yams
- 1½ tablespoons canola oil
- 1 tablespoon lemon pepper seasoning blend

**Salmon burgers**
- 1 can (14.75 ounces) pink or red salmon
- 2 green onions, chopped
- ½ cup red bell pepper, chopped
- 8 crackers, unsalted tops (saltine-like), crushed
- 2 teaspoons lemon juice
- Egg whites from 2 eggs, whisked
- 2 tablespoons plain low-fat yogurt
- ¼ teaspoon ground black pepper
- Cooking spray
- 4 whole-wheat buns
- 2 medium tomatoes, sliced
- 8 leaves Bibb lettuce

**Directions**

- Place oven rack in center, and heat oven to 425 degrees.
- Wash and scrub sweet potatoes, and slice into wedges, lengthwise.
- In a large bowl, toss potato wedges with canola oil and seasoning blend.
- Spread potato wedges on cookie sheet. Roast in the oven, turning occasionally, until tender and golden brown, about 30 to 40 minutes.
- While sweet potatoes are roasting, prepare salmon burgers.

1. Drain salmon. Place in a medium mixing bowl, and flake.
2. Fold in green onions, red pepper, crushed crackers, lemon juice, egg whites, yogurt, and ground black pepper.
3. Shape into 4 patties.
4. Coat large nonstick skillet lightly with cooking spray, and heat.
5. Cook salmon burgers until golden brown, turn, and continue cooking until other side is golden brown.
6. Serve burgers on whole-wheat buns with sliced tomatoes and lettuce and sweet potato oven fries.

**Nutrition information**

Amount per serving: 490 calories, 14g total fat (2g saturated fat), 69g carbohydrates, 25g protein, 11g dietary fiber, 590mg sodium.

Source: Produce for Better Health Foundation
2018 pharmacy update

On occasion, Rocky Mountain Health Plans (RMHP) makes changes to ensure our Members are receiving the best savings possible. On Jan. 1, 2018, OptumRx® became RMHP’s pharmacy benefit manager, processing pharmacy claims.

With this change:
• RMHP Members received new ID cards with updated 2018 pharmacy information. Show your new ID card at the pharmacy so your prescription is processed properly.
• OptumRx is now RMHP’s home delivery pharmacy. Members who used WellDyneRX mail service in 2017 have received information from OptumRx home delivery about transferred prescriptions and placing future orders. Visit the Learning Center at rmhp.org for information and to access the OptumRx portal.
• BriovaRx® is now RMHP’s preferred specialty pharmacy network. Specialty drugs are medications that require special handling, monitoring, or administration. BriovaRx has contacted select Members whose specialty drug prescriptions were transferred to BriovaRx, providing instructions for filling prescriptions and accessing their online account at briovarx.com.

If you have questions about your prescriptions and these changes, please contact RMHP Customer Service at 800-346-4643 (TTY: 711).

Have a heart-healthy Valentine’s Day

On Feb. 14, hearts are the stars of the show. Of course, they don’t look anything like the real deal—the hardworking muscle that sets the beat for life every day.

Show your love for the beating hearts you hold dear with these heart-healthy ideas.

1 Roses are red…and so are strawberries. Dip them in dark chocolate for a delicious treat that provides flavonoids from the chocolate and fiber, phytochemicals, and potassium from the fruit—all promote heart health.

2 Exercise is one key to a healthy heart. Plan an active date with your heartthrob. Skate hand-in-hand around the local ice rink. Try something new together, like hitting balls at an indoor batting cage. Dance the night away. And make a pact to exercise together regularly.

3 Valentine’s Day gifts can be from the heart and for the heart. Although stress hasn’t been directly linked to heart disease, it can cause heart-related health issues like high blood pressure and damaged arteries. Good stress-reducing gifts include:
• A gym membership.
• A gift certificate for a massage.
• Scented soap for a soothing bath.

4 Kids are sweethearts, too. Set a healthy example for your little valentines—plan an active family outing for Feb. 14. For classroom parties, help kids choose healthy tokens of affection, like heart-shaped whole-wheat pretzels or mini boxes of raisins.

Valentine’s Day is a great reminder to strive for a lifetime of healthy hearts.

Sources: American Heart Association; American Institute for Cancer Research; Produce for Better Health Foundation
Checklist
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✓ Check your driver’s license and passport. Do they expire in 2018?
✓ Set personal goals to reach a healthy weight, decrease your spending, declutter your home, or spend more time with family.
✓ Ask family members what they wished you would have done together last year and start planning.
✓ Collect your tax documents. April 15 is not that far away.
✓ Start planning for time off and special occasions.

Visit rmhp.org/blog for more healthy ideas.

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:
• Care management services and coordination of care.
• Our Quality Improvement program.
• Privacy and confidentiality practices.
• Benefit information.

This information and more can be found at rmhp.org under “Helpful Resources” in the Learning Center. 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.

Did you get your new ID card?

All RMHP Members should have received their 2018 Member ID cards. Present your new card at your next appointment and at the pharmacy to be sure your coverage is applied correctly. Haven’t received your card yet? Call us or log in to your MyRMHP account at rmhp.org to request your new ID card.

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.

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