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.
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.

**Important information for RMHP Prime Members**

RMHP wants to make sure you know about any changes to your plan. Beginning July 1, 2018, there will be a change to your copay for outpatient hospital visits. This copay is collected from you when you receive care at a hospital and are not admitted for an overnight stay. Your copay for outpatient hospital visits will increase from $3 to $4. We are making this change to our policy so it is the same as the policy for Health First Colorado (Colorado’s Medicaid Program).

If you have questions, you can call RMHP Customer Service at 888-282-8801 (TTY: 711).
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.

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.

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