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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We’re in this together
A family plan for better health

Board games, movie nights, and vacations—lots of things are better as a family. And that includes getting and staying healthy.

So, moms and dads, get the whole family involved in moving more and eating right. If that sounds great, but you’re not sure how to make better health a family affair, here’s a five-step plan:

1 **Make family time active time.** Bike to the library together or explore a nearby park. Encourage everybody to train for a charity walk or run. Celebrate birthdays with something active—a pool party, volleyball game, or hike.

2 **Use screens with care.** Create a media use plan for each child, balancing screen time with sleep and exercise. For kids ages 2 to 5, limit screen time to one hour a day. For kids under age 2, use screens for high-quality content or video chatting with family.

3 **Keep a family activity log.** Track everyone’s progress and post the results on your fridge. For a sample log, go to morehealth.org/parenttips.

4 **Provide healthy food choices.** Put a bowl of washed fruit on the table or counter where it’s easy to see and grab. Shop smart. Eating healthy is easier when chips and candy aren’t in the house.

5 **Cook and eat as a family.** Get kids involved in planning and preparing healthy meals. Table time helps kids and parents stay close—a real win-win.

Sources: American Academy of Pediatrics; National Institutes of Health

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**Red, white, and green grilled cheese**

*Makes 4 servings.*

**Ingredients**

1. 1 teaspoon garlic, minced (about ½ clove)
2. 1 small onion, minced (about ½ cup)
3. 2 cups frozen cut spinach, thawed and drained (or substitute two 10-ounce bags fresh leaf spinach, rinsed)
4. ¼ teaspoon ground black pepper
5. 8 slices whole-wheat bread
6. 1 medium tomato, rinsed, cut into 4 slices
7. 1 cup shredded part-skim mozzarella cheese
8. Nonstick cooking spray

**Directions**

- Preheat oven to 400 degrees. Place a large baking sheet in the oven to preheat for about 10 minutes.
- Heat garlic with cooking spray in a medium sauté pan over medium heat. Cook until soft but not browned. Add onions, and continue to cook until the onions are soft but not browned.
- Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
- When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, ½ cup of spinach mixture, ¼ cup of cheese, and a second slice of bread on the top.
- Spray the preheated nonstick baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake for 10 minutes or until the bottom of each sandwich is browned.
- Carefully flip sandwiches, and bake for an additional 5 minutes or until both sides are browned. Serve immediately.

**Nutrition information**

Serving size: 1 sandwich.

Amount per serving: 254 calories, 8g total fat (4g saturated fat), 29g carbohydrates, 17g protein, 6g total fiber, 468mg sodium.

Source: National Heart, Lung, and Blood Institute
2018 pharmacy update

On occasion, RMHP makes changes to make sure our Members get the best savings possible. On Jan. 1, 2018, OptumRx® became RMHP’s pharmacy benefit manager (PBM). As our PBM, OptumRx processes our pharmacy claims. What changed?

- RMHP sent our Members new ID cards with updated 2018 pharmacy information. Make sure to show your new ID card at the pharmacy so your prescription is processed correctly.
- OptumRx is now RMHP’s home delivery pharmacy. OptumRx sent information about transferring prescriptions and placing orders to all Members who used WellDyneRX mail service in 2017. Visit the Learning Center at rmhp.org for information on how to access the OptumRx portal to sign up for home delivery.
- BriovaRx® is now RMHP’s preferred specialty pharmacy. Specialty drugs are high-cost prescription drugs that require special handling, monitoring, or administration. BriovaRx contacted Members whose specialty prescriptions were transferred to BriovaRx and provided instructions on how to fill prescriptions and access their online account at briovarx.com.

If you have any questions about your prescriptions or these changes, please call RMHP Customer Service at 800-346-4643 (TTY: 711), Monday through Friday, from 8:00 a.m. to 5:00 p.m.

We want your child to live a happy and healthy life!

We know childhood is a time of rapid growth and change. A well-child exam is a chance to talk with your doctor about normal growth and development and how to keep your child healthy. A yearly checkup includes:

- A health and development history.
- A physical exam.
- A review and update of immunizations.
- Health education that may include nutrition, diet, and physical activity.
- Health, safety, and sleep habits.
- Growth, development, behavior, and discipline.

Children through age 20 enrolled in RMHP Prime receive services under the Early, Periodic, Screening, Diagnosis, and Treatment Program, also known as EPSDT. For more information about benefits, including preventive, dental, mental health, developmental, transportation, scheduling, and specialty services, consult the Member handbook, visit rmhpcommunity.org/members, or contact RMHP Customer Service. RMHP Prime Members receive these services at no cost.
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.