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
Watch for your new Medicare ID card

The Centers for Medicare & Medicaid Services (CMS) will issue new Medicare ID numbers and cards to all Medicare beneficiaries. This change will help prevent fraud and identity theft by removing Social Security numbers from the Medicare ID number. The new Medicare ID will use a Medicare Beneficiary Identifier (MBI) of 11 randomly selected numbers and letters. The MBI characters and their order are not code and have no meaning.

Medicare beneficiaries living in Colorado will begin receiving their new cards in June. CMS started mailing out new cards in April 2018, and all beneficiaries should have new cards by April 2019.

Your new MBI will not affect your benefits as a Member of RMHP’s Medicare Cost plan, and you will not be receiving a new RMHP identification card at this time.

Be sure to present both your RMHP card and your Medicare card every time you receive services at a doctor’s office, pharmacy, hospital, or other provider.

Medicare National Coverage Determinations

From time to time, Medicare makes decisions called Medicare National Coverage Determinations (NCDs). These decisions may add new covered services or change the coverage of items and services. Rocky Mountain Health Plans wants to ensure that our Members have the most current information regarding NCDs. Visit www.rmhp.org/medicare/help-resources/disclaimers and scroll down the page to the Medicare National Coverage Decisions section.

Take care of your meds so they’ll take care of you

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—that’s 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

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.
• Put out a cooler with ice packs and a note asking the carrier to stow the package in the cooler.
• Have your medication delivered to work or a friend or relative’s house where someone will be available to take it inside.

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.
Summer tomato and corn salad with basil

Makes 4 servings.

Ingredients

1 large ear local yellow or yellow-and-white corn
3 ripe medium tomatoes
½ red bell pepper, finely chopped
⅓ cup thinly sliced green onions, green and white parts
⅓ cup finely chopped sweet onion
1 tablespoon fresh lime juice
½ teaspoon kosher salt
¼ teaspoon mustard powder
Freshly ground pepper
4 to 5 large basil leaves
1 tablespoon chopped fresh mint, optional

Directions

• Shuck corn and steam for 3 minutes.
• When corn is cool enough to handle, cut the kernels off ear and place them in a mixing bowl.
• Halve tomatoes vertically, and cut one half into 4 wedges for garnish.
• Remove seeds from remaining tomatoes.
• Chop tomatoes and add to corn.
• Add red pepper, green onions and sweet onion.
• In a small bowl, whisk lime juice with salt, mustard powder, and 4 or 5 grinds of pepper until salt dissolves.
• Pour dressing over salad and toss gently with fork to combine. At this point, salad can sit for up to 15 minutes.
• Just before serving, stack basil leaves, then cut crosswise into thin strips and add to the salad. Add mint, if using.
• Toss to combine herbs with salad. Garnish with tomato wedges. Serve immediately.

Nutrition information

Serving size: 1 cup. Amount per serving: 45 calories, less than 1g total fat (0g saturated fat), 10g carbohydrates, 2g protein, 2g dietary fiber, 242mg 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.

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).