With the arrival of fall comes cool weather breezing through the Western Slope—and the beautiful spectrum of fall colors. However, many Coloradans begin to experience another arrival of depression and anxiety.

Feeling down, worried
People with depression often feel like the joy has been taken out of life. Feeling sad, guilty, or hopeless can occur with depression.

Those with anxiety disorders have excessive, persistent worries; irritability; and trouble sleeping.

Speak up about how you feel
Without treatment, anxiety may make depression worse, leading to severe depression or suicide.

Unfortunately, almost two-thirds of Coloradans who committed suicide also experienced depression, according to the Colorado Health Institute.

Manage depression and anxiety
There are many ways to treat and manage depression and anxiety, from medication to changes in your diet. Letting someone know how you’re feeling is the first step in feeling better.

Contact your health care provider today if you think you might have depression, an anxiety disorder, or both. You can also call Colorado Crisis Services at 844-493-TALK (8255) to speak with a trained mental health professional for immediate support. The call is confidential, and you can call 24/7.
10 ways to add more joy to your life

Do something you loved as a kid. Sing silly songs, splash in puddles, or see how high you can swing.

Laugh at life’s hassles. No day is perfect. There’s often something at least a bit amusing in challenging situations if you look for it.

Collect sayings or photos that make you smile. Put them where they’re visible—on your refrigerator or at your desk—to look at when you need a pick-me-up.

Play a song you love. Imaging tests of brains show that music can release feel-good hormones. Turn up your Pandora or Beats. But not too loudly, of course.

Go for it. Stop putting experiences you want to try on hold. Learn to crochet or sign up for an indoor climbing class, and explore what intrigues you.

Take a nature break. Look up at the sky, go on an early-morning walk, or delight in the dew on the grass. Let nature’s beauty soothe you.

Take a mental break. Close your eyes and imagine a place you love. Use all of your senses.

Spread happiness. When you get good news, don’t keep it to yourself—tell a friend. You’ll relive the moment and have the extra pleasure of your friend’s reaction.

Seek out happy people. Good moods are contagious.

Develop your playful side. Joke with strangers in line, arrange nights out with friends, or have a regular game night with your family.

RMHP helpful resources

Find the answers you need in the “Helpful Resources” section of the online RMHP Learning Center! Now you can find information about:

- Your Member rights and responsibilities.
- The Colorado Immunization Information System (CIIS).
- Privacy and confidentiality practices.
- Important updates to the RMHP formulary.
- Other coverage restrictions that may apply.

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 Customer Service at 970-243-7050 or 800-346-4643. If you are deaf, hard of hearing, or have a speech disability, dial 711 for Relay Colorado, or use our Live Chat at rmhp.org. You can send your request in writing to:
Rocky Mountain Health Plans
2775 Crossroads Blvd.
Grand Junction, CO 81506

Para asistencia en español, llame al 800-346-4643.
5 ways to cut back on sugar

Everyone knows candies, cookies, cakes, and regular sodas have added sugars, but added sugars are also listed on packaged food labels under dozens of different names. Among them: cane sugar, syrup, brown sugar, and many words ending in -ose (like fructose or dextrose).

While added sugars can be part of a nutritious diet, you should limit these to less than 10 percent of your daily caloric intake. It’s important to remember that sugars also occur naturally in many foods, from fruits to milk, but it’s the unnatural sugars that can cause major adverse health issues.

Try cutting back with these steps:

1. Choose naturally sweet fruits for desserts or snacks. Add fruit (instead of sugar) to cereal. Make a peanut butter sandwich with bananas or berries instead of jelly or jam.

2. Shop for foods with less or no added sugar. For instance, choose plain (instead of flavored) yogurt and add your favorite fresh fruit slices.

3. Swap your usual sweetened soda, punch, or energy drink for water with fresh fruit and mint or milk.

4. When baking, try using only half the recommended sugar. Chances are, nobody will notice. You can also consider using agave or honey, or other more natural sugars.

5. Make candy, cookies, and other sweets an occasional treat. Avoid rewarding yourself or your family with these snacks.

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month, but every day throughout the year is the time to be aware. Help those impacted by breast cancer through education, early detection, and support. For more information, visit rmhp.org/blog.

2019 Open Enrollment

Members with an individual and family plan will soon receive information from RMHP detailing your new 2019 plan options. We invite you to call our dedicated individual sales team at 800-453-2981, option 4, with questions regarding your enrollment options.
Cold and flu

Finding relief

It’s that time of year when germs are aplenty and, unfortunately, coming down with a nasty cold or flu bug is more widespread than other times of the year. While you can’t cure a cold and the flu virus should eventually run its course, that doesn’t mean you have to ride out your miserable symptoms until then. Some simple steps can be taken to feel better while you get better:

**Get lots of rest, fluids, and clean air**

When it comes to fluids, choose water or other clear liquids. Avoid caffeinated drinks and alcohol that dehydrate you.

Use a humidifier or a cool-mist vaporizer to moisten the air. This can help ease a stuffy nose, soothe a sore throat, and comfort a cough. Over-the-counter (OTC) nasal sprays can help relieve a stuffy nose too.

A little honey in a teaspoon may ease a child’s cough—but don’t give honey to a child younger than one year.

You might also try:
- Gargling saltwater several times a day.
- Sucking on ice chips or lozenges. Avoid giving lozenges to a young child because of the choking risk.
- Drinking warm, soothing liquids, such as tea with lemon.

**Consider an OTC remedy**

OTC medicines—such as ibuprofen, acetaminophen, or naproxen—are good for pain or fever. If you use an OTC product, follow the instructions carefully. Remember, not all OTC medicines are safe for all ages.

If you have questions about giving medicine to a child or what you can take, check with your health care provider first.