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.
Help your child be fit and healthy with sports

Physical activity helps children stay fit and feel good about themselves. Sports can help kids socially, emotionally, and physically. Follow these tips to get your kids involved in sports and to keep them safe:

Get cleared. Before playing sports, your child should have a physical exam.

Get in gear. Make sure your child has the right protective gear for the sport and that the gear fits properly.

Watch the weather. Your child needs time to adjust to hot or humid environments before playing.

Stretch it out. Have your child work on flexibility before and after games and practices to help prevent injury.

Drink up. Ensure your child stays hydrated.

Pay attention to pain. Teach your child to listen to their body and avoid playing through pain.

Plan on some rest. Kids should take breaks during practice.

Be a role model. Communicate the importance of safety to your athlete. And teach by example—wear safety gear and follow the rules.

Have fun. Next to staying safe, sports are fun for your kids and a great way to stay active.

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.

Kick the habit, before it kicks you

November is Lung Cancer Awareness month. While the holidays may seem like a hard time to quit smoking, you have resources available to help you quit today. There’s no better time to stop than now. No matter how long you’ve smoked, by quitting, your health risks decrease immediately and continue to diminish over time.
Sports safety: What do you know?

Playing sports can be fun—as long as you do it safely. Take this quiz to see how much you know about sports safety.

1. What should you always do before playing sports?
   A. Blow your nose.  
   B. Warm up.  
   C. Call a friend.  
   D. Read a book.  

2. You should drink lots of this before, during, and after sports.
   A. Water.  
   B. Tomato juice.  
   C. Hot chocolate.  
   D. Soda pop.  

3. You shouldn’t play sports when you’re _______.
   A. Asleep.  
   B. Sneezing.  
   C. Laughing.  
   D. Hurt.  

4. What should you always wear when riding a bike?
   A. Watch.  
   B. In-line skates.  
   C. Helmet.  
   D. Coat.  

5. You should always wear these when skateboarding or in-line skating.
   A. Helmet, elbow pads, and knee pads.  
   B. Pajamas.  
   C. Helmet, elbow pads, and knee pads.  
   D. Cowboy hat and boots.  


RMHP helpful resources

Find documents to better understand your health coverage and know your Member rights and responsibilities

Visit the “Helpful Resources” section of the online RMHP Learning Center found at rmhp.org/learning-center/helpful-resources to learn more about:

- Your Member rights and responsibilities.
- The Colorado Immunization Information System (CIIS).
- Privacy and confidentiality practices.
- Updates to the RMHP Prime formulary, which is a list of medications covered under your plan.
- Coverage restrictions that may apply.

Another great resource to get information about your health plan is with your Member handbook and in the Provider Directory. Your Member handbook has information on covered services, costs of services, important phone numbers and other contact information, and tips for staying healthy.

The Provider Directory is the best place to find a doctor under your plan or other doctors if you need to switch providers. Both can be found online at rmhp.org by choosing “Our Plans” and then by selecting “Medicaid & CHP+” to find the section dedicated to Prime and CHP+ Members.

If you would like a written copy of any of this information at no cost to you, please call RMHP Customer Service at 888-282-8801. 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. Para asistencia en español, llame al 888-282-8801. You can send your request in writing to: Rocky Mountain Health Plans 2775 Crossroads Blvd. Grand Junction, CO 81506

SMOKING IN THE USA

A LOOK AT SMOKING RATES IN AMERICAN ADULTS

GET HELP QUITTING SMOKING TODAY. Call the Colorado Quitline™ at 800-QUIT-NOW (800-784-8669) or visit COQuitLine.org.

A DEADLY HABIT

THERE ARE MORE THAN 480,000 DEATHS A YEAR FROM SMOKING

278,544 DEATHS AMONG MEN

201,773 DEATHS AMONG WOMEN

Source: Centers for Disease Control and Prevention
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.

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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