When seasons change, depression and anxiety can occur

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.
To your good health—simple changes for better health at any age

There’s no question that age brings changes to our lives even if we’d prefer to avoid most of these. Physically, for example, stiffening joints can make it harder to get around. Many people also find that their short-term memory isn’t what it used to be. Aging isn’t all that bad, and, in fact, it can bring positive changes, too. You may not be able to turn back time, but you can move in a direction that is easier and more pleasant.

Here are a few pointers on using all that wisdom to your advantage:

- **Decide to have an active mind and body.** Remember the adage “use it or lose it.”
- **Choose a healthy lifestyle.** The advice you heard when you were younger still applies: Eat well, maintain a healthy weight, get enough rest, don’t smoke, do what you can to stay safe, and see your doctor regularly.
- **Opt to be involved.** Isolation contributes to depression and other health problems. Stay connected to family and friends. Social connections help ensure you have physical and emotional support for what comes your way.
- **Relish your leisure time.** Do things you enjoy, and allow yourself downtime. Too much stress can contribute to a host of health problems.
- **Practice healthy ways to cope.** Believe in yourself, and remember: You can handle whatever comes your way.

**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 www.rmhp.org/blog.

This information is available at no cost to you in other languages. Please call RMHP Customer Service at 970-244-7912 or 888-282-1420 (TTY: 711). Hours are 8 a.m. to 8 p.m., seven days a week, Oct. 1 to March 31, and 8 a.m. to 8 p.m., Mon.–Fri., April 1 to Sept. 30. If you are deaf, hard of hearing, or have a speech disability, dial 711 for Relay Colorado, or use our Live Chat at www.rmhp.org. Para asistencia en español, llame al 888-282-1420. This information is not a complete description of benefits. RMHP is a Medicare-approved Cost Plan. Call RMHP Customer Service at 888-282-1420 (TTY dial 711) for more information. Enrollment in RMHP depends on contract renewal.
Pumpkin Stew

Makes 4 servings.

Ingredients
1 tablespoon olive oil
1 medium chopped green bell pepper
1 medium chopped red bell pepper
1 medium chopped onion
4 cloves minced garlic
½ teaspoon ground cumin
1 (15-ounce) can pureed pumpkin (2 cups fresh may be substituted)
1 (15-ounce) can black beans, no salt added, drained
1 (15-ounce) can yellow corn kernels, no salt added, drained
1 (14-ounce) can diced tomatoes, no salt added
2 cups reduced-sodium chicken or vegetable broth
1 teaspoon fresh cilantro, finely chopped
Salt and ground black pepper

Directions
• In large saucepan, warm oil over medium heat.
• Stir in peppers, onion, garlic to sauté—about 6 minutes.
• Stir in cumin, continue to cook 1 to 2 minutes.
• Pour in pumpkin, beans, corn, tomatoes and broth. Add 1 teaspoon cilantro, and season with salt and pepper to taste.
• Bring to boil; then cover, reduce heat and simmer 25 minutes.
• Serve in bowls with cilantro and yogurt, if desired.

In praise of pumpkins

These nutritious golden stars of the harvest season—packed with fiber, potassium and vitamin A—have a long history of lighting up many a delish dish. This fall, include more of this in-season, autumn fruit packed with nutrition and a flavorful boost perfect for any dish.

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. RMHP wants to ensure 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 Determinations” section.

Medicare AEP

The Medicare annual open enrollment period (AEP) for choosing your 2019 health coverage begins Oct. 15 through Dec. 7.

During AEP, you can make changes to your coverage, including switching Medicare medical plans, as well as enrolling or changing current benefits.

Get the facts, answers to all of your questions, and help enrolling by calling 888-251-1330 (TTY: 711) to speak with a licensed RMHP Medicare salesperson today.

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 the following:
• 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 www.rmhp.org under “Helpful Resources” in the Learning Center. Simply visit www.rmhp.org/learning-center/helpful-resources.

If you would like a written copy of this information, call RMHP Customer Service at 970-244-7912 or 888-282-1420. You can send your request in writing to: Rocky Mountain Health Plans
2775 Crossroads Blvd.
Grand Junction, CO 81506
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

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