Getting the Most from Volunteering

You’re donating your valuable time, so it’s important to enjoy and benefit from volunteer work.

Ask questions.

• Make sure that the experience is right for your skills, your goals, and the time you want to spend.

Make sure you know what’s expected.

• Consider starting small so that you don’t overcommit yourself at first. A little help goes a long way.

Don’t be afraid to make a change.

• Don’t force yourself into a bad fit or feel compelled to stick with a volunteer role you dislike.

If volunteering overseas, choose carefully.

• Some volunteer programs abroad cause more harm than good if they take paying jobs away from local workers. Look for opportunities with reputable organizations.

RMHP Introduces 2020 Dual Special Needs Plan for Mesa County

RMHP is introducing a new health plan called RMHP DualCare Plus in Mesa County for 2020. RMHP DualCare Plus is a Dual Special Needs Plan (D-SNP), which is a type of Medicare plan. If you have full benefits from Health First Colorado (Colorado’s Medicaid Program) and are eligible for Medicare, and if you live in Mesa County, you might be able to get more benefits with RMHP DualCare Plus. Call RMHP at 800-462-8763 (TTY: 711), go to www.rmhpDualCare.org, or visit us at 2779 Crossroads Boulevard in Grand Junction to learn more and to enroll.
By Dr. Betsy Longenecker, RMHP Associate Medical Director

Screening for colon cancer can be performed in a variety of ways. Your provider can order a colonoscopy, or they might recommend testing of a stool sample for evidence of possible colon cancer-associated DNA. This latter test is named Cologuard. It can be done at home and does not require bowel preparation or anesthesia. Its ability to detect colon cancer appears to be very good. The U.S. Preventive Services Task Force has recommended that it can be included among options for colon cancer screening. If the Cologuard test results in a positive finding, your provider will likely recommend further testing by colonoscopy. The Cologuard test to screen for colon cancer could be an option for you if you are between the ages of 50 and 75. It may not be appropriate if you have bowel symptoms, a history of certain types of polyps, or a significant family history of colon cancer. If you are older than 75, it is less certain whether screening for colon cancer can be beneficial for you. You and your provider can discuss the risks and benefits of performing colon cancer screening. Currently, it is recommended that the Cologuard test be performed every three years. It is a preventive service, so no copayment or deductible applies.

“ The Cologuard test can be done at home and does not require bowel preparation or anesthesia. ”

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 Mar. 31, and 8 a.m. to 8 p.m., Mon.-Fri., Apr. 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.rmhpMedicare.org.

Para asistencia en español, llame al 888-282-1420.

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Colorado PROUD

Colorado photographer Brad E. Butler captured this image of Aspen’s Maroon Bells at sunrise. See more of his art at www.bebutler.com. Explore more ways to live your Colorado lifestyle at www.rmhp.org/blog.
Visit www.rmhp.org/learning-center/helpful-resources to learn about:

- Our Quality Improvement program.
- Member rights and responsibilities.
- Important updates to the RMHP formulary.
- Information pertaining to RMHP’s Affirmative Statement about incentives.
- Benefits information, including details on preventive, dental, mental health, developmental, and transportation scheduling, as well as specialty services.

If you would like a written copy of this information or have additional questions, please call RMHP Customer Service at 888-282-8801. If you are deaf, hard of hearing, or have a speech disability, dial 711 or 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

**THE RIGHT TO APPEAL**

If you are not satisfied with a decision made by RMHP, you have the right to ask us to reconsider our decision. This process is called an appeal. You can ask for an appeal by writing, emailing, or calling our Customer Service department.

There are two types of appeals that can lead to multiple levels of review. These types are internal and external. Part of your appeal rights can include an independent review. An independent external review is available if you have a denial based on medical necessity. This review is done by an agency that is not affiliated with RMHP and is unbiased. Please refer to the terms and conditions in your Member materials for details of the appeals process.
Tomato and White Bean Soup

Makes 8 Servings.

Nutrition Information

Serving size: ⅛ recipe. Amount per serving: 74 calories, less than 1g total fat (0g saturated fat), 14g carbohydrates, 3g protein, 3g dietary fiber, 423mg sodium.

Ingredients

- ½ cup chopped onion
- 1 teaspoon olive oil
- ½ cup thinly sliced celery
- ½ cup thinly sliced carrot
- 1 teaspoon chopped garlic
- 1 can (28 ounces) diced tomatoes in juice
- 2½ cups water
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon dried cumin
- Salt and freshly ground black pepper, to taste
- 1 can (15 ounces) cannellini or great northern beans, rinsed and drained
- 1 roasted red bell pepper (jar or fresh roasted) coarsely chopped
- ½ cup green beans (optional)

Directions

- In large saucepan, cook onion and olive oil over low heat until onion begins to color, about 5 minutes.
- Add celery, carrot, and garlic; cook, stirring, 2 minutes.
- Add tomatoes, water, oregano, basil, and cumin. Cover and cook over medium heat until vegetables are tender, 5 to 10 minutes.
- Season to taste with salt and pepper. Add cannellini beans, red bell pepper, and green beans, if using. Cover and cook 10 minutes or until green beans are tender and flavors are blended. Ladle into bowls and serve. Enjoy!

Source: American Institute for Cancer Research

Check out more delicious fall recipes at mhp.org/blog.

EXPLORE

RMHP is proud to introduce two new films from our award-winning “Life on the Western Slope” series. Experience stories about the real people we protect at rmhpstories.com.
Don’t Let a Cold or the Flu Stop You

At RMHP, we want to help you stay healthy and encourage you to take steps this season to fight colds and the flu. The best defense against the flu is immunization. Vaccines, available by shot and nasal spray, can’t give you the flu, and side effects are very rare. It takes two weeks for the flu vaccine to be fully effective, so get yours today! You can also take steps to prevent colds and the flu by washing your hands often to minimize the spread of viruses. If you’re sick, avoid public areas or wear a mask to prevent spreading your cold or flu whenever possible. Take steps today so colds and the flu don’t stop you!

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).