At RMHP, we’re here to ensure that you are receiving the best care from your head to your toes. When it comes to you and your health, our focus is on whole-person care: a coordinated approach that places you at the center of our entire RMHP team, working to ensure you’re receiving the best care possible.

As you begin new health routines for 2019, take time to focus on the importance of care for your whole body. Whether that’s eating a healthy meal; preventing the flu; keeping New Year’s resolutions doable; or equipping yourself emotionally and mentally for the year ahead—now is the time to reflect and set attainable goals.

Count on us to do our part to keep you healthy for the year. If it’s our care coordinators helping you get home after an extended hospital stay or our great, local customer service—even our work with your medical practices to improve your care—we’re here to keep you at your healthy best, from your head to your toes.

Get the most out of your health care. Find health and wellness tips at rmhp.org/blog.
Matters of the mind

Emotional well-being is more than feelings of happiness. It affects how you handle stress, anger, and sadness. Having difficulties handling your emotional health is not a sign of weakness or a character flaw. It can be a real and serious medical condition linked to depression—an imbalance of brain chemicals.

Reach out
Like heart disease or diabetes, depression needs treatment. Your mental and physical health is affected for weeks, months, and even years if left untreated. Talk therapy and antidepressants are simple steps to getting back on track.

Talk to your doctor or call RMHP at 970-244-7912 if you think you might be struggling with depression, which doesn’t look or feel the same for everyone. If you need immediate help, use the Colorado Crisis Line by calling 1-844-493-8255 or by texting TALK to 38255.

Get moving!
Part of whole-person care is getting active. If you have goals to get moving, set yourself up for success with these quick-hit tips on being more physically active this year.

• Aim for 20 minutes of exercise a day.
• Get outside to get active.
• Ensure you have proper footwear.
• Avoid overdoing your activity and start slowly.
• Warm up, cool down, and stretch.
• Watch your form.
• Set realistic goals.
• Chat with your doctor prior to beginning a workout routine.

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.rmhp.org.

Para asistencia en español, llame al 888-282-1420. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium, and/or copayments/co-insurance may change Jan. 1 of each year. RMHP is a Medicare-approved Cost Plan. Enrollment in RMHP depends on contract renewal.

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Nutritious noshing
Spoons bistro & bakery’s chef dishes on creating quality meals

Martin Marez is well-known in Grand Junction, where he works as executive chef for Spoons bistro & bakery with HopeWest. He knows firsthand the importance of snacking on healthy, nutritious meals, which he curates and creates for Spoons.

“I hardly buy any pre-packaged foods—we want to keep it fresh and high quality,” Chef Marez says. “We look at the ingredients that we use, and it makes a difference when it’s fresh—like the salads, which are full of flavor. We do tout that a lot of our locals provide us with some of the foods that we have.”

Chef Marez finds that thanks to the thriving agricultural community in the Grand Valley, it’s not as difficult to access quality ingredients to feed your family healthy meals while on a budget.

“It comes with product knowledge and nutrition knowledge,” he says. “People should be listening to their bodies and following age requirements for nutrition.”

Read more from Chef Marez at rmhp.org/blog, and try your hand at his chicken and wild rice recipe provided to RMHP.

### Chicken and wild rice with almond milk

Makes 4 servings.

#### Ingredients

**For chicken and rice:**
- 1 tbsp oil
- 1 medium diced onion
- ½ cup chopped celery
- 1 cup diced carrots
- ½ tbsp minced garlic
- 4 chicken breasts, diced
- 1 cup raw wild rice
- Roasted almond slices, for garnish

**For sauce:**
- ½ cup white wine or favorite broth as substitute
- 1 tsp white pepper
- 1 ½ quarts water, with 2 tbsps chicken base for broth
- 1 quart almond milk
- ½ tsp thyme leaves
- ½ tsp sage
- ½ tsp chopped rosemary
- ½ tsp marjoram
- ½ tsp salt
- ½ tsp black pepper
- 2 cups whipping cream, to finish

#### Directions

- Heat oil. Sweat vegetables for 5 to 6 minutes.
- Cook chicken and rice in wine, white pepper, broth, and almond milk for 20 minutes.
- Add remaining ingredients, except whipping cream, and let simmer slowly for 40 minutes.
- Stir in cream, garnish with almonds, and serve.
Make those New Year’s resolutions stick

First you make ‘em. Then you break ‘em. You’re jazzed in January to get in shape, stop smoking, and eat better—but by February, your resolution is kaput.

Good intentions aren’t enough to make resolutions stick. Rather, you need to stack the odds in your favor.

Be specific. Commit to a clearly defined resolution, like hitting the gym two to three times per week.

Don’t overreach. Resolving to go to the gym every morning before work is potentially setting yourself up for failure. Be realistic to create a long-term habit.

Line up support. Pair up with a resolution buddy—somebody with the same or a similar goal. Change is easier if you don’t attempt it solo.

Reward yourself. If you made it through a week without smoking, use the money you saved from not smoking for something special.

Bounce back. Missteps are normal. Tomorrow really is another day—it’s your chance to get back on track.

Combat colds and fight the flu with these quick tips

Avoid getting sick during the winter months of this year by sticking to these tips to keep your immune system healthy:

• Eat a healthy, nutrient-filled diet.
• Avoid touching your face (rubbing eyes).
• Stay home if you don’t feel well.
• Avoid stress and get enough sleep.

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).