Eat, play, live healthy!
A few tips for a fabulous fall

For many of us, fall is a time of new beginnings—new school year; cooler, fresher weather; new look to the landscape; holidays on the horizon. Fall is more than just the end of summer. It’s a fresh start.

Eat seasonally. Fall produce—like apples, brussels sprouts, pumpkins, and squash—keep much longer than the peaches and zucchini of summer, giving us more time to try new recipes.

Inventory your winter toys. Skis and snowboards need tuning up? Beat the rush and be ready for opening day. Have the kids outgrown ski boots, jackets, or pants? Make a list and be ready for ski swaps.

Get a flu shot. Annual flu shots are recommended for everyone six months and older. Some employers sponsor flu shot clinics. Pharmacies and county health departments provide flu shots. Ask if your doctor’s office gives flu shots without an office visit.

Wash your hands. It seems simple, but handwashing is your best protection against colds and flu. Also, clean and disinfect surfaces everyone touches.
2018 open enrollment for individuals and families
The 2018 Open Enrollment Period is quickly approaching. If you have not yet, you will soon receive information from RMHP detailing your new 2018 plan options. We invite you to call our dedicated individual sales team at 800-453-2981, option 4, with questions regarding your enrollment options.

Important pharmacy update
On occasion, RMHP must make changes to ensure our Members are receiving the best savings possible. Effective Jan. 1, 2018, RMHP will use OptumRx® for a more efficient approach to our Members’ prescription claims. This means:

• RMHP Members will receive new ID cards with updated pharmacy information to begin using Jan. 1, 2018. REMEMBER: Show your new ID card at the pharmacy so your prescription is processed properly.
• OptumRx home delivery will become RMHP’s mail order pharmacy provider on Jan. 1, 2018. Members currently filling prescriptions with WellDyneRX mail service will receive further information for moving prescriptions to OptumRx home delivery.
• BriovaRx® will become RMHP’s preferred specialty pharmacy network in 2018. Specialty drugs are high-cost medications that require special handling. If you are using a specialty pharmacy that is not in the RMHP network in 2018, you will receive instructions for transferring your prescription to an in-network pharmacy. Additional information will be available soon.

Pumpkin stew
Makes four servings.

Ingredients
1 tablespoon olive oil
1 medium green bell pepper, chopped
1 medium red bell pepper, chopped
1 medium onion, chopped
4 cloves garlic, minced
½ teaspoon ground cumin (curry powder may be substituted)
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 to 1½ cups fresh or frozen may be substituted)
1 (14-ounce) can diced tomatoes, no salt added
2 cups reduced-sodium chicken broth (vegetable may be substituted)
¼ cup fresh cilantro, finely chopped, divided
Salt and freshly ground black pepper to taste
¼ cup plain, low-fat yogurt, optional

Directions
• In large saucepan, warm oil over medium heat.
• Stir in peppers, onion, and garlic and sauté about six minutes, until peppers and onion soften.
• Stir in cumin, and continue to cook one to two minutes.
• Pour in pumpkin, beans, corn, tomatoes, and broth. Add one teaspoon cilantro, and season with salt and pepper to taste.
• Bring to boil; then reduce heat. Cover, and simmer 25 minutes.
• Divide stew among four bowls and garnish with cilantro and yogurt, if desired.

Nutrition information
Serving size: Two cups.
Amount per serving: 301 calories, 5g total fat (1g saturated fat), 57g carbohydrates, 14g protein, 14g dietary fiber, 307mg sodium.

Source: American Institute for Cancer Research
Connect to a doctor without going to the doctor with MyDigitalMD

Is your child’s cough a cold or something more serious? Is your queasiness a stomach bug or food poisoning? Is it okay to go to work, or are you contagious? Do you need stitches for that?

With MyDigitalMD, a free service from RMHP, you get direct access to Colorado doctors for the urgent care you need, when you need it.

• Get answers and treatment from a Colorado-based, board-certified doctor from 8:00 a.m. to midnight (Mountain time), 365 days a year.
• Securely send messages and images, video chat with a local doctor, and get the treatment you or your family needs.
• Avoid unnecessary trips to the emergency room, urgent care, or doctor’s office.

Get started

• Sign up for an account at MyDigitalMD.com.
• Start messaging immediately: Sign in, complete three brief health questions, and you can start messaging with a doctor immediately.
• Schedule a video chat: Sign in, click “Schedule,” and select a video chat appointment time that works for you. Just be signed in and ready to chat at that time!

Download the app from the App Store or Google Play, or visit MyDigitalMD.com to activate your free account today.

RMHP helpful resources

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

• Your Member rights and responsibilities.
• The Colorado Immunization Information System (CIIS).
• Privacy and confidentiality practices.
• Benefit information—What happens if my benefits end?
• Important updates to the RMHP formulary. You can also call 800-346-4643 (TTY: 711), and we will mail you a copy of the latest update.

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’s Customer Service at 800-346-4643 or 970-243-7050, or you can send your request in writing to Rocky Mountain Health Plans, 2775 Crossroads Blvd., Grand Junction, CO 81506.

Sunglasses

They’re not just for summer

Sunglasses are so much more than a fashion accessory. You need them to protect your eyes from ultraviolet (UV) rays that may cause cataracts, macular degeneration, and cancer.

The next time you pick out a new pair of shades:

✔ Make sure they block 99 to 100 percent of UV rays. You can’t gauge UV protection by the darkness of the lenses, so check the label.

✔ Consider wraparound styles. They shield eyes and nearby skin from UV light that enters at the sides.

✔ Pick a pair you’ll wear. Here’s where style counts. Your sunglasses will not help unless you slip them on whenever you spend time outdoors.

Sources: American Academy of Ophthalmology; American Optometric Association
Imagine a day when antibiotics no longer work. Antibiotics are powerful prescription medications used to fight infections. They destroy bacteria or keep them from reproducing. However, many people take antibiotics when they do not need them, actually causing more harm than good.

Most illnesses are caused by either bacteria or viruses. Antibiotics cure infections caused by bacteria but not those caused by viruses. Colds, flu, most sore throats, bronchitis, and many sinus and ear infections are viral, so antibiotics cannot cure them or make you feel better.

Taking antibiotics too often or when not needed can cause the body to develop antibiotic resistance. That means the bacteria outsmart the drugs. They adapt to and become immune to the drugs. Antibiotic resistance is quickly becoming a serious, worldwide problem. Some illnesses are already becoming difficult to treat.

How to prevent antibiotic resistance

- Take antibiotics only when prescribed by your doctor.
- Take antibiotics exactly as prescribed. Do not skip doses. Complete the prescribed course of treatment, even after you start feeling better.
- Take only your own antibiotics. Don’t take antibiotics prescribed for someone else, don’t share yours, and don’t use leftover medication.
- Get vaccinated so you stay healthy, avoiding antibiotic treatment whenever possible.

Alternatives to taking antibiotics

- Ask your health care provider or pharmacist about over-the-counter remedies to ease symptoms.
- Drink plenty of fluids and get lots of rest.
- Use a cool-mist vaporizer, humidifier, or saline nasal spray to relieve congestion.
- Soothe a sore throat with crushed ice, throat spray, or lozenges. Gargle with warm salt water.
- Use cool compresses to relieve fever and warm compresses for muscle aches.