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.
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.

In praise of pumpkins

Round and orange, they grin and glow, unmistakable signs of fall.

But pumpkins don’t shine only as jack-o’-lanterns. 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.

In times past, pumpkin was a Native American staple that was roasted over an open fire. When colonists filled the plump orange gourds with milk, spices, and honey and baked them in hot ashes, it was the precursor of our classic Thanksgiving dessert.

The pie’s not the limit

In fall and winter, try fresh pumpkin in:

- Chili
- Enchiladas
- Pasta dishes
- Soups and stews
- Stir-fries

Be sure to pick a blemish-free pumpkin (labeled as sweet or pie) that’s heavy and free of soft spots and has a one- to two-inch stem still attached. Peel it, cut it into cubes—and it’s ready to cook.

Sound like too much work? Try plain, solid-packed canned pumpkin. The puree can add savory goodness to dips, breads, muffins, puddings, and smoothies.

Whether you classify pumpkin as a fruit (as botanists do) or a veggie, carving out space for it in your menu can boost flavor and nutrition all year. And that’s something to grin about.

Sources: American Institute for Cancer Research; Penn State Extension; Produce for Better Health Foundation; University of Illinois Extension
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.

Learn your Member rights and responsibilities

Your Member handbook has information about how your health plan works and explains your rights and responsibilities.

You can get a new RMHP Prime handbook or CHP+ Benefits booklet each year or any time you want it—just ask RMHP to mail it to you by calling 888-282-8801 for RMHP Prime and 855-830-1563 for CHP+. To see the handbooks online, go to rmhpcommunity.org/members. This includes links to your handbook or Benefits booklet.
How to avoid antibiotic resistance

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.

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).