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.
livingwell

**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. Rocky Mountain Health Plans wants to ensure that our Members have the most current information regarding NCDs. Visit [www.rmhp.org/medicare/help-resources/disclaimers](http://www.rmhp.org/medicare/help-resources/disclaimers) and scroll down the page to the Medicare National Coverage Decisions section.

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**Medicare Annual Open Enrollment Period**

The Medicare Annual Enrollment Period (AEP) for choosing 2018 health coverage is Oct. 15 to Dec. 7. The AEP is the time to make changes to your coverage, including switching Medicare medical plans or enrolling in or changing Medicare Part D plans. A licensed RMHP Medicare salesperson can be reached at **888-251-1330** (TTY: 711) to answer your questions and help you find the plan that fits your Colorado lifestyle.

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**A change to Part D prescription drug coverage from RMHP**

RMHP Medicare plans will no longer include Part D prescription drug coverage after Dec. 31, 2017. As you may know, RMHP is now part of the UnitedHealthcare family. We invite our Medicare Members to explore Part D coverage for prescription medications from UnitedHealthcare.


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**New RMHP ID cards for 2018**

Watch your mail later this year for your 2018 RMHP Member ID card. The card will arrive before Jan. 1, 2018. Remember to show your RMHP Member ID card to your provider every time you receive health care services.

RMHP is a Medicare-approved Cost Plan. Enrollment in RMHP depends on contract renewal.

This information is available for free in other languages. Please call our Customer Service number at **888-282-1420** (TTY dial 711). Hours are 8 a.m. to 8 p.m., 7 days a week, Oct. 1 to Feb. 14, and 8 a.m. to 8 p.m., Monday through Friday, Feb. 15 to Sept. 30.

Esta información está disponible gratuitamente en otros idiomas. Por favor llame a la línea de Atención a Clientes, al **888-282-1420** (TTY marque 711). Horario de 8 a.m. a 8 p.m., 7 días a la semana, del 1 de octubre al 14 de febrero; y de 8 a.m. a 8 p.m., de lunes a viernes, del 15 de febrero al 30 de septiembre.
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? 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’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.

About one-third of people over 65 have hearing loss. Hearing loss has been linked to depression, development of dementia, and an increased risk of falls.

**Benefits expanded to more RMHP Medicare plans for 2018**

**TruHearing Select**
RMHP’s 2018 Green, Thrifty, Standard, and Plus plans include hearing aid benefits from TruHearing. Members receive substantial cost savings on select hearing aids, plus a generous battery supply, follow-up adjustment visits, a 45-day return period, and a three-year warranty.

**Silver&Fit® Exercise & Healthy Aging Program**
Is your goal to stay active, lose weight, or improve your overall health? The Silver&Fit Exercise and Healthy Aging Program, available to RMHP Thrifty, Standard, and Plus Medicare Members in 2018, can help. In addition to accessing other health and wellness offerings, RMHP Medicare Members can either:

• Purchase an annual health club membership at a participating local fitness center for only $75. Visit www.SilverandFit.com to find a participating facility near you.
• Enjoy working out in the comfort of home with the Silver&Fit Home Fitness Programs. For an annual cost of $10, RMHP Medicare Members can choose two programs from a variety of workout kits.

**New Medicare ID numbers**
The Centers for Medicare & Medicaid Services (CMS) will issue new Medicare ID numbers to all Medicare beneficiaries. This change will help prevent fraud and identity theft by removing Social Security numbers from the Medicare ID number. The new Medicare ID will use a unique, randomly assigned number called a Medicare Beneficiary Identifier (MBI).

In April 2018, CMS will begin mailing out new Medicare ID cards to beneficiaries. If you have questions, please contact RMHP’s Customer Service at 888-282-1420 (TTY: 711). Hours are 8 a.m. to 8 p.m., seven days a week, Oct. 1 through Feb. 14; and 8 a.m. to 8 p.m., Monday through Friday, Feb. 15 through Sept. 30.
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 avoid 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.

How to prevent antibiotic resistance

- 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.

Alternatives to taking antibiotics

- If you are feeling unwell, there are many natural remedies available to help.
- Get plenty of rest and stay hydrated.
- Use a humidifier or vaporizer to relieve congestion.
- Use a saline nasal spray to clear your sinuses.
- Use a cool compress to reduce fever.
- Use warm compresses to relieve 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).