Spring into action!
May is National Physical Fitness and Sports Month

Spring in Colorado is a great time to get out and move around. Neighborhood soccer and baseball games, children playing in the park, an abundance of hiking trails through blossoming fields, and (mostly) beautiful Colorado weather mean there’s something for anyone, anytime. Not only do these activities allow you to take in the blue skies and fresh air, but physical activity is one of the most important things you can do for your health. According to the Centers for Disease Control and Prevention, physical activity can help:

• Control your weight.
• Reduce the risk of heart disease.
• Reduce the risk for type two diabetes and metabolic syndrome.
• Reduce the risk of some cancers.
• Strengthen bones and muscles.
• Improve your mental health and mood.
• Improve your ability to perform daily activities and prevent falls.
• Increase your chances of living longer.

Whatever your preferred activity—taking your furry friend for an evening walk or jumping on a mountain bike—now’s the time to “spring” into action and get out and about this month!
RMHP in the community

Are you a Colorado Rapids fan? RMHP is proud to be a supporter once again of the Colorado Rapids. Additionally, we’re committed to supporting our local Colorado communities and are a proud sponsor of these spring and summer events, among many others!

✔ Stamp Out Hunger Food Drive—May 13
✔ Grand Junction Off Road—May 19 to 21
✔ Mike the Headless Chicken Festival and St. Mary’s Foster Grandparent & Senior Companion Program Annual Golf Tournament—June 2 and 3
✔ St. Baldrick’s Head Shaving event (Grand Junction)—June 24
✔ Western Colorado Senior Games—Aug. 21 to 27

Want to stay up-to-date on what RMHP is doing? Join the conversation! Check out the back cover to learn how you can find us on social media.

Peanut butter hummus

Looking for an easy, yummy, and healthy snack? This recipe for peanut butter hummus is for you!

Makes eight servings.

Ingredients

For dip:
2 cups low-sodium garbanzo beans (chickpeas), rinsed
¼ cup low-sodium chicken broth
¼ cup lemon juice
2 to 3 tablespoons garlic, diced (about 4 to 6 garlic cloves, to taste)
¼ cup creamy peanut butter (or other nut or seed butter)
¼ teaspoon cayenne pepper (or substitute paprika for less spice)
1 tablespoon olive oil

For pita chips:
4 6-inch whole-wheat pitas, each cut into 10 triangles

1 tablespoon olive oil
1 teaspoon garlic, minced (about 1 clove) (or ½ teaspoon garlic powder)
⅛ teaspoon ground black pepper

Directions

• Preheat oven to 400 degrees.
• To prepare the hummus, combine all ingredients for the dip and mix them in a food processor or blender. Puree until smooth.
• To prepare the chips, toss the pita triangles with the olive oil, garlic, and pepper.

Nutrition information

Serving size: ⅓ cup hummus; five pita chips. Amount per serving: 235 calories, 9g total fat (1g saturated fat), 32g carbohydrates, 9g protein, 5g total fiber, 225mg sodium.

Source: National Heart, Lung, and Blood Institute
From time to time, RMHP will be required to send you certain plan documents. Do you want to save a tree and receive less mail? Here’s how!

Opt in for electronic document delivery by following these three simple steps:

**Step 1.** Visit rmhp.org and select the “MyRMHP” link at the top of the page.

**Step 2.** If you’re already registered for our secure Member portal, log in with your email and password; otherwise, create an account.

**Step 3.** Locate the opt-in information section next to the green leaf icon and follow the instructions.

**RMHP helpful resources**

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

- Your Members rights and responsibilities.
- Privacy and confidentiality practices.
- 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.

**Go paperless and save a tree with RMHP**

Check it out
Some recommended screenings and self-exams

There’s no denying how popular DIY projects are today. We love to roll up our sleeves and get it done ourselves. What about health screenings that can alert us to possible health problems, though—can we tackle some of those ourselves, too?

You’ll need a doctor for most screening tests and exams, of course. However, you can do some checks yourself, often with a doctor’s input or recommendation. Examples of both are at right. Keep in mind, these are general guidelines. You may need screenings earlier, more often, or not at all. Ask your doctor what’s right for you.

At home

Step on a scale. Type the result (plus your height) into a body mass index (BMI) calculator, like this one: morehealth.org/bmi.

Measure your waist. Place a tape just above your hipbones, exhale, and measure. A waist greater than 40 inches for men or 35 for women boosts type two diabetes and heart disease risks.

Check your feet if you have diabetes. Your doctor may have you look for and report any sores or other problems before they become major infections.

Check your skin for cancer. Frequent (such as monthly) skin self-checks may help you find cancer early. Changing moles, blemishes, or other worrisome-looking areas on your skin should be shown to your doctor.

Monitor your blood pressure. Your doctor may have you use a portable monitor at home if, for instance, you have borderline high blood pressure or your readings might be high only at the doctor’s office.

At a provider’s office

Mammograms. From ages 45 to 54, women should have yearly breast cancer screenings, switching to every two years after that.

Colonoscopy. Starting at age 50, colonoscopies or other screening tests are recommended for both men and women to help prevent colorectal cancer or find it early.

Pap tests. Starting at age 21, regular Pap smears help guard against cervical cancer in women.

Blood pressure checks. Have your doctor check your blood pressure at least every two years—and more often if you have certain conditions, such as heart disease or diabetes.

Cholesterol blood tests. Start at age 35, or age 20 if you have risk factors such as diabetes, high blood pressure, or heart disease.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians; American Cancer Society; U.S. National Library of Medicine