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!

Looking for new places to explore or workout tips and tricks? Discover new ideas on the RMHP blog: rmhp.org/blog.
Orange-pineapple smoothie

Makes two servings.

Ingredients
1 banana
2 cups pineapple chunks, packed in juice and drained
1 cup orange juice
¼ cup nonfat milk
2 tablespoons honey
4 to 5 ice cubes

Directions
Place all ingredients in blender and puree until smooth.

Nutrition information
Amount per serving: 292 calories, 0g total fat (0g saturated fat), 73g carbohydrates, 4g protein, 4g dietary fiber, 20mg sodium.

Source: American Institute for Cancer Research

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.

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.

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Here’s your spring cleaning checklist for good health

There’s no better time than now for a little spring cleaning—and that goes for your health and wellness checklist, too! We often set goals for taking care of our health at the beginning of the year, but sometimes we find ourselves too busy to follow through. Use the checklist below to make sure you’re on track for a healthy year:

☐ Schedule your annual wellness exam and screenings, including routine physicals and OB-GYN appointments.
☐ See your dentist to keep your smile healthy.
☐ Get an annual vision exam.
☐ Develop an exercise and diet program. (Be sure to consult with your doctor!)
☐ Write down your goals for the year.

Remember, taking steps now can help prevent issues down the road.

Check out the back cover for tips on recommended screenings and self-exams!

Go paperless with RMHP

In September, RMHP will mail all Medicare Members the required RMHP Annual Notice of Changes and Evidence of Coverage (ANOC/EOC) for contract year 2018. Do you want to save a tree and receive less mail? RMHP has two options to help:

Option One: Receive your ANOC/EOC electronically

With this option, you will no longer receive printed ANOC/EOCs (or formularies if you have a Part D plan) unless you specifically request a hard copy. Opt in for electronic document delivery by following these three simple steps:

Step 1. Visit www.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.

Option Two: Request a single mailing for your entire household

If you live in a household with other RMHP Medicare members and would like to receive one shared copy of identical plan materials, please use the “Medicare Document Delivery Preferences Request Form” located under Step Three of the Opt-In Form or at www.rmhp.org/learning-center/commonly-used-forms. You may also call 888-282-1420 (TTY: 711) to request the form. This form must be signed by each household member and returned to RMHP at the address on the form.
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