Welcome to RMHP!

Make the most of your plan

Thank you for choosing Rocky Mountain Health Plans (RMHP) for your 2017 health coverage! We know you have options when it comes to choosing health insurance, and we appreciate your membership. Whether this is your first experience with RMHP or you’ve trusted us with your health insurance needs for the past 40 years, we are committed to providing you with the coverage and service you expect and deserve. We’ve recently redesigned rmhp.org, offering a more streamlined approach for you to access the information that’s important to you, including coverage information, commonly used forms, FAQs, and a convenient glossary of terms. Read on to learn more about what RMHP offers and how to make the most of your plan.

Gain access

MyRMHP is our secure, personalized Member portal that provides quick access to up-to-date information about your plan. Check claims, get health and wellness info, select your primary care provider, use online tools and services, and much more by selecting the MyRMHP link at the top of each page on rmhp.org.

Take control of your health

RMHP offers free, easy-to-use online tools and resources at rmhp.org to make health

—Continued on back page
Healthy tips for a healthy new year
Start the new year off right by taking steps to a healthier you!
Follow these helpful tips to live your healthy best.

- Recover from the stress of the holidays. Doing things like getting back to your normal schedule, starting (or continuing) an exercise routine, and staying away from sweets are all good ways to help you start the new year in a positive way.
- Make goals. Whether they contribute to your physical, mental, or financial health, goals are important.
- No matter what those goals are, write them down and keep them in a place where you see them daily. This will keep them fresh in your mind and help you stay on track.
- Schedule your annual visits to your doctor to stay on top of your health.
- Focus on happiness. It’s true that happiness can positively impact your health!

Looking for more healthy ways to start the year? Visit rmhp.org/blog to learn tips and tricks that can help you achieve your health goals.

Tuna and avocado Cobb salad
Try this heart-healthy recipe!
Makes four servings.

Ingredients
For salad:
4 cups red leaf lettuce, rinsed and chopped (about eight leaves)
1 cup frozen whole kernel corn, roasted (on a pan in the oven at 400 degrees for seven to 10 minutes)
1 cup carrots, shredded
1 tomato, rinsed, halved, and sliced
1/2 ripe avocado, peeled and sliced
1 6-ounce can white albacore tuna in water

For dressing:
2 tablespoons lemon juice (or about one fresh lemon)
1 tablespoon lime juice (or about one fresh lime)
1 tablespoon honey
1 tablespoon fresh parsley, rinsed, dried and minced (or 1 teaspoon dried)
1 tablespoon water
1 tablespoon olive oil

Directions
1 Divide and arrange two cups of salad ingredients in each of four serving bowls.
2 For dressing, combine all ingredients and mix well. Spoon two tablespoons over each salad, and serve.

Nutrition information
Serving size: Two cups salad, two tablespoons dressing. Amount per serving: 224 calories, 9g total fat (1g saturated fat), 24g carbohydrates, 15g protein, 6g total fiber, 264mg sodium.

Source: National Heart, Lung, and Blood Institute

An update regarding our pending partnership with UnitedHealthcare
We continue to look forward to our pending partnership with UnitedHealthcare and remain committed to keeping our Members up-to-date. While we initially anticipated the transaction to close by the end of 2016, we now expect the transaction’s close to come in early 2017, as the Attorney General’s Office and Division of Insurance continue their review process. We invite you to stay current on the status of our pending partnership by visiting rmhppartnership.org.
Start your kids on a heart-healthy path

You’re there to help your children with their homework, and you remind them to brush their teeth, but have you helped them do something good for their hearts lately?

It’s never too early to start establishing a heart-healthy lifestyle for your children, too.

Even though kids rarely get heart disease, the process leading to adult heart disease can actually begin in childhood. This can put kids at future risk for a heart attack, or even a stroke, when they grow up.

The chances of that happening increase when kids develop heart disease risk factors such as obesity, type 2 diabetes, high cholesterol, or high blood pressure.

Share the love

February is American Heart Month. Why not take the time this month to make changes that can help your kids—and the whole family—beat back heart disease? Give these suggestions a try:

Serve up good eats. Saturated fats and trans fats can raise the risk of heart disease. When shopping for your family, choose foods that are lower in saturated fat and limit foods that have trans fats.

Also, aim to serve five fruits and veggies a day, and limit sweetened drinks.

Invite your kids into the kitchen. Let your kids help you prepare healthy meals. It’s a great way to teach them about good food choices.

Encourage exercise. Kids need 30 to 60 minutes of daily activity. Make being active a family affair.

Get your children checkups. Along with assessing overall health, a doctor can check a child’s weight, blood pressure, and cholesterol.

Sources: American Academy of Pediatrics; American Heart Association; UptoDate

RMHP helpful resources

Find answers to questions you have in the “Helpful Resources” section of RMHP’s online Learning Center. Now you can find information about:

• Access to Care Management and how to make referrals.
• Communication services and access to staff.
• Affirmative statement.
• External reviews in states with laws.
• Important updates to the RMHP Formulary.

This information and more may be found by visiting 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 may send your request in writing to Rocky Mountain Health Plans, 2775 Crossroads Blvd., Grand Junction, CO 81506.

Healthy teeth for a healthy life

When you brush and floss your teeth each day, you’re doing your mouth a big favor.

Those healthy habits—plus routine trips to the dentist—are great ways to stop tooth decay and gum disease.

Another reason to smile

Taking care of your mouth could also lead to better health overall.

Scientists think the germs that cause gum disease may be linked to other health issues. Diabetes, heart disease, and stroke are just some of the problems that may be tied to gum disease.

To reduce your gum disease risk and improve the health of your mouth:

• Get enough vitamin D. It helps the body absorb calcium, which is needed for strong teeth.
• Limit the amount of sugary snacks you eat, as well as soft drinks. They contain substances that can wear away a tooth’s outer layer, which makes decay more likely.

How your dentist can help

Tell him or her about any changes in your mouth. Your dentist should also know if you’ve been sick or have any ongoing health problems.

When your mouth is healthy, the rest of your body may be happier.

Source: American Dental Association

February is National Children’s Dental Health Month.
Welcome to RMHP!
—Continued from front page

care choices easier for our Members. These tools include Online Premium Payment,* MyDigitalMD,* an online cost estimator tool,* and health resources.

Navigate your network
We want to help our Members live their healthy best. That’s why we offer no-cost preventive care. Not sure if your provider is in network? Simply visit rmhp.org and select “Find a Provider” at the top of each page. If you need further assistance, our friendly Customer Service team is here to help.

We’re here to help
If you have questions along the way, our friendly, local Customer Service team is here to help you navigate your health care decisions. Contact us today at 800-346-4643 (TTY: 711) or email customer_service@rmhp.org to get the answers you need.

Thank you for choosing RMHP, and we look forward to serving you!

*Available for select Members

Looking for a doctor?
Five questions to ask yourself

Everything is easier with teamwork—including protecting your health.
That’s why it’s important to have a doctor you trust. You’ll have a place to turn when you’re sick. You’ll also have a partner who can help you stay well.

When deciding on a doctor, ask yourself:

1. Is the doctor in my insurance network? If not, out-of-pocket expenses may be greater.
2. Is the doctor’s office conveniently located, and will the office hours work for me?
3. Is it hard to get an appointment? Ask office staff.
4. Which hospital does the doctor use? Make sure it’s one you’re happy with.
5. Am I comfortable with the doctor? See about getting an appointment and speaking in person. Try to get a sense of whether the doctor will be easy to talk with, spend enough time with you, and explain things in ways you understand.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians

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, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 888-282-1420 (TTY: 711).