Welcome to RMHP!

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
Quick eight-vegetable soup

Makes four servings.

**Ingredients**
1 tablespoon extra-virgin olive oil
1 small onion, chopped
4 cups vegetable broth or fat-free, reduced-sodium chicken broth
½ cup frozen baby lima beans
1 can (15 ounces) no-salt-added black, Great Northern or navy beans
1 cup frozen mixed vegetables
½ cup frozen tri-colored bell peppers
2 teaspoons dried oregano or thyme
Pinch of dried red pepper flakes
1 cup frozen broccoli florets
Salt, to taste
¼ cup grated Parmesan cheese

**Directions**
1 In large saucepan, heat oil over medium-high heat.
2 Add onion, and cook until translucent, five minutes, stirring occasionally.
3 Add broth, and bring liquid to boil.
4 Add lima beans; reduce heat; and simmer, covered, for five minutes.
5 Add canned beans, mixed vegetables, peppers, oregano, and pepper flakes, and simmer, covered, for five minutes.
6 Add broccoli, cover, and cook for five minutes.
7 Add salt to taste.
8 To serve, divide soup among deep bowls.
9 Top each serving with one tablespoon Parmesan cheese, or pass it separately at table.

This soup keeps, covered in refrigerator, for three days. Reheat in covered pot over medium heat.

**Nutrition information**
Serving size: 1 ⅔ cups. Amount per serving: 298 calories, 8g total fat (2g saturated fat), 43g carbohydrates, 17g protein, 13g dietary fiber, 237mg sodium.

Source: American Institute for Cancer Research

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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](http://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.

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 [rmhppartner.org](http://rmhppartner.org).
We want your child to live a happy and healthy life!

We know that childhood is a time of rapid growth and change. A well-child exam is a chance to talk with your doctor about normal growth and development and how to keep your child healthy. A yearly checkup includes:

• A health and development history.
• A physical exam.
• A review and update of immunizations.
• Health education that may include nutrition, diet, and physical activity.
• Health, safety, and sleep habits.
• Growth, development, behavior, and discipline.

Help your children keep their teeth healthy

Children through age 20 enrolled in RMHP Prime receive services under the Early, Periodic, Screening, Diagnosis and Treatment Program, also known as EPSDT. More information about benefits, including preventive, dental, mental health, developmental, transportation, scheduling, and specialty services, are in your Member Handbook or at rmh_community.org/members. You can also ask your PCP or RMHP Customer Service. For RMHP Prime Members, these services are provided at no cost to you.

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.

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!

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!

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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!

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).