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

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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.

| **Recuperate 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 [www.rmhp.org/blog](http://www.rmhp.org/blog) to learn tips and tricks that can help you achieve your health goals.
Keep your blood pressure in check

High blood pressure is nothing to shrug off. It can raise your risk of a stroke, heart attack, heart failure, or kidney disease. That’s why it’s crucial to follow these steps if you’ve been diagnosed with high blood pressure. Together, they can help you stay healthy.

1. **Watch the scale.** Trimming down if you’re overweight can improve your blood pressure.
2. **Move more.** Aim for at least two hours and 30 minutes of moderate aerobic activity every week. But if exercise isn’t already part of your routine, talk to your doctor first.
3. **Limit salt.** Read labels and look for “reduced sodium” or “no salt added.”
4. **Know the risks of alcohol.** It can raise blood pressure and add calories.
5. **Make smart food choices.** Choose an eating plan rich in veggies, fruits, whole grains, and low-fat dairy products. Limit saturated fat and added sugars.
6. **Work closely with your doctor.** Take any medicine he or she prescribes exactly as directed.

Source: National Institutes of Health

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**Medicare National Coverage Determinations**

From time to time, Medicare makes decisions regarding the coverage of items and services. These decisions are called Medicare National Coverage Determinations (NCDs). Medicare may begin covering an item or service or change the way an item or service is covered. RMHP wants to make sure our Members have the most up-to-date information regarding NCDs. Visit [www.rmhp.org/medicare/help-resources/disclaimers](http://www.rmhp.org/medicare/help-resources/disclaimers) and scroll down to the section called Medicare National Coverage Determinations.

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

*Available for select Members

Looking for a doctor?
Five questions to ask yourself

E
verything 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).