April is National Stress Awareness Month

Are you looking for less stress?

It always seems to happen that way: when it rains, it pours. One thing can go wrong, and everything else seems to quickly follow suit. Maybe you get busy and feel like you don’t have time to complete all of your to-dos on your task list.

Don’t let the stress of life get you down. Follow these helpful hints to live a healthier—and less stressful—life.

• **Get some sleep.** Follow the National Sleep Foundation’s recommendations for your age group.
• **Eat right.** It’s important to eat regular, healthy meals to stay on track and keep your focus.
• **Exercise.** Take a walk around the block with your dog or friends, go for a run, take a bike ride...just get active.
• **Talk about it.** Getting together with a friend is a great way to get what’s bothering you off your chest.

Remember, prioritizing your tasks and leading a healthy lifestyle can help prevent day-to-day stress.

Want more ideas to help you manage your stress? Check out RMHP’s blog at [rmhp.org/blog](http://rmhp.org/blog).
Spring allergies on spring break?

Try MyDigitalMD

The sun is shining, the flowers are in bloom—and your eyes are itching, you can’t stop sneezing, and you’re out of town on spring break with no way to see your usual doctor.

MyDigitalMD gives you access to Colorado-based doctors who can get you the treatment you need, wherever you are, so you don’t have to take a break from your spring break fun.

Visit us at MyDigitalMD.com or download our free app.

RMHP in the community

At RMHP, we’re proud to be active in the Colorado communities where we live and work. We’ve taken our commitment to these communities to the next step by creating the Volunteer Spotlight campaign on social media.

These monthly posts feature different ways for our Members to be involved in statewide events and causes that align with RMHP’s mission. This month, RMHP is supporting the March of Dimes in its March for Babies walk. Join the conversation with RMHP on facebook.com/RMHPColorado.

May 31 is World No Tobacco Day

BENEFITS OF QUITTING

When you give up smoking

after 12 hours
The balance of carbon monoxide and oxygen in the bloodstream has returned to normal.

after 24 hours
The risk of heart attack decreases.

after 1 month
Lungs are working better.

after 2 weeks–3 months
Respiratory problems have started to decrease.

after 6 months
Excess risk of heart disease decreases to half that of a current smoker.

after 1 year
Risk of stroke goes down.

after 2 years
Risk of stroke can fall to about the same level as a nonsmoker.

after 5 years
The risk of dying from lung cancer declines to about 50% of that of a current smoker.

after 10 years
The risk of heart disease is similar to that of a nonsmoker.

after 15 years
The risk of heart disease is similar to that of a nonsmoker.

after 20 min.
Blood pressure & heart rate drop.

BLOOD PRESSURE & HEART RATE


drop.
We’re here to help
RMHP’s Diabetes Management program can help you manage your diabetes

RMHP is excited to introduce our revamped Diabetes Management program! For a healthy 2016, schedule an appointment with your doctor to get the following tests and maintain good control of your diabetes while preventing complications. If you have questions or need help controlling your diabetes, call an RMHP RN Health Educator at 888-847-6466.

<table>
<thead>
<tr>
<th>Test</th>
<th>When</th>
<th>Tips</th>
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</thead>
<tbody>
<tr>
<td>A1C</td>
<td>At least two times a year</td>
<td>• Test shows average blood sugar for the past two to three months.</td>
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<td></td>
<td></td>
<td>• Should be less than seven. If it’s higher, your provider might ask for this to be done more often.</td>
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<tr>
<td>Urine microalbumin</td>
<td>At least yearly</td>
<td>• Done at the same time as A1C.</td>
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<td></td>
<td></td>
<td>• Tests amount of protein (albumin) in urine.</td>
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<td></td>
<td></td>
<td>• If elevated, can indicate kidney damage.</td>
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<tr>
<td>Dilated eye exam</td>
<td>Yearly</td>
<td>• Diabetes can cause damage to your retina that may lead to blindness if not treated.</td>
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<tr>
<td></td>
<td></td>
<td>• People with diabetes need to have a dilated eye exam at least once a year by an optometrist or ophthalmologist.</td>
</tr>
<tr>
<td>Foot exam</td>
<td>Daily and at every doctor appointment</td>
<td>• Examine your feet daily, and remove your shoes and socks at each doctor appointment.</td>
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<td></td>
<td>• See your doctor or podiatrist if you need help trimming your toenails safely.</td>
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<tr>
<td>Dental exam</td>
<td>Two times a year</td>
<td>• Schedule regular checkups and cleanings to prevent gum disease.</td>
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<td></td>
<td></td>
<td>• Tell your dentist you have diabetes.</td>
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<td></td>
<td>• Call your dentist if you have red, swollen, or bleeding gums.</td>
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In the know: RMHP formulary
Stay up-to-date on recent formulary changes or additions, including new drugs and recent generics. Visit rmhp.org/members/rx-info and click on “Formulary Updates,” located under “Learn More About Your Drug Coverage.” Or call 800-346-4643 (TTY: 711) and we will mail you a copy of the latest update.

RMHP Online Resource Center
Check out what’s new at the RMHP Online Resource Center! Now you can find information about:
• Your Member Rights & Responsibilities.
• RMHP’s Prior Authorization process and Reviewer availability.
• Criteria RMHP uses to make medical decisions.

This information and more may be found at rmhp.org under the “Member Services” section. Simply visit rmhp.org/members/member-services/online-resource-center.

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.

Get started on your journey to better health
Did you know that April 7 was World Health Day? Find ways you can support your goal of a healthy lifestyle by accessing CaféWell by RMHP, our comprehensive online wellness platform. Create your own Personalized Health Itinerary; get answers from experts about financial health, stress management, diet and exercise, and more; and join community discussions about health and wellness. Learn more at rmhp.org.
It’s time to spring clean for good health

In the January newsletter, we identified some health and wellness tasks that are important to complete each year—and January is a great time to take care of those items. Now that spring is upon us, it’s the perfect time to do some “spring cleaning” on your health and wellness checklist to make sure you’re checking the boxes for good health. Have you:

• Scheduled your annual wellness exam and screenings, including routine physicals and OB-GYN appointments?
• Seen your dentist to keep your smile healthy?
• Had your eyes checked?
• Finalized a budget to get you on track for financial health?
• Developed an exercise and diet program?
• Written down your goals for the year?

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

Looking for a doctor?

Here are five questions to ask yourself

Your health and well-being should be a number one priority, and part of that commitment involves having open communication with your doctor. That’s why it’s important to have a doctor you trust. You’ll have a place to turn when you’re sick, and you’ll also have a partner who can help you stay well.

When choosing 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 the office staff how far visits typically are scheduled out.
4. With which hospital or hospitals does the doctor have privileges? 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