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.
May 31 is World No Tobacco Day

BENEFITS OF QUITTING
When you give up smoking

**May 31 is World No Tobacco Day**

BLOOD PRESSURE & HEART RATE DROP.

- after **20 min.**
  - Blood pressure & heart rate drop.

- after **2 weeks–3 months**
  - The risk of heart attack decreases.
  - Lungs are working better.

- after **1 year**
  - Excess risk of heart disease decreases to half that of a current smoker.

- after **2 years**
  - Risk of stroke goes down.

- after **5 years**
  - Risk of stroke can fall to about the same level as a nonsmoker.

- after **10 years**
  - The risk of dying from lung cancer declines to about 50% of that of a current smoker.

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

- after **1–9 months**
  - Respiratory problems have started to decrease.

- after **2 years**
  - The risk of dying from lung cancer declines to about 50% of that of a current smoker.

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

Make mealtime family time

**Family meals have a lot of competition from soccer games, piano lessons, homework, and the schedules of working parents. Still, if you’re a mom or dad, it’s important not to let those commitments crowd out meals together.**

Research shows that kids who regularly eat family meals are more likely to have healthy diets than those who don’t. Shared meals also give families the chance to talk and grow closer, which may explain why they help protect kids from depression and even substance abuse.

So do your best to eat as a family at least a few times a week. Here’s how to fit in time together—and put healthy food on the table, even when you’re rushed:

**Plan ahead.** Pick times when everybody’s available, and be sure everyone knows to be home at a certain time. If conflicts rule out dinner, try breakfast, especially on weekends.

**Let everybody pitch in.** For example, young kids can wash the veggies, and older kids can do the chopping.

**Serve no-fuss meals with nutritious foods.** Try frozen ravioli with store-bought tomato sauce and a salad. Or rotisserie chicken and frozen peas and potatoes. A sandwich—even at dinner—is OK too. Just use whole-wheat bread, stuff it with veggies and lean meat, and serve it with a piece of fruit.

Source: Academy of Nutrition and Dietetics

**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.
**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>
</tr>
</thead>
</table>
| A1C                   | At least two times a year | • Test shows average blood sugar for the past two to three months.  
                       |                       | • Should be less than seven. If it’s higher, your provider might ask for this to be done more often. |
| Urine microalbumin    | At least yearly       | • Done at the same time as A1C.  
                       |                       | • Tests amount of protein (albumin) in urine.  
                       |                       | • If elevated, can indicate kidney damage. |
| Dilated eye exam      | Yearly                | • Diabetes can cause damage to your retina that may lead to blindness if not treated.  
                       |                       | • People with diabetes need to have a dilated eye exam at least once a year by an optometrist or ophthalmologist. |
| Foot exam             | Daily and at every doctor appointment | • Examine your feet daily, and remove your shoes and socks at each doctor appointment.  
                       |                       | • See your doctor or podiatrist if you need help trimming your toenails safely. |
| Dental exam           | Two times a year      | • Schedule regular checkups and cleanings to prevent gum disease.  
                       |                       | • Tell your dentist you have diabetes.  
                       |                       | • Call your dentist if you have red, swollen, or bleeding gums. |

---

**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](http://MyDigitalMD.com) or download our free app.

---

**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](http://rmhp.org/members/rx-info) and click on “Formulary Updates” located under “Learn More About Your Drug Coverage.” Or call [800-346-4643](tel:800-346-4643) (TTY: 711) and we will mail you a copy of the latest update.

---

**RMHP in the community**

At RMHP, we’re proud to be active in the Colorado communities where we live and work. Our new Volunteer Spotlight campaign on social media features different ways for our Members to be involved in statewide events that we sponsor. This month, RMHP is supporting the March of Dimes in its March for Babies walk. Join the conversation on [facebook.com/RMHPColorado](http://facebook.com/RMHPColorado).
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

Did you know? RMHP can help you find a doctor when your child reaches adulthood or if you need to select a new provider for yourself. Call RMHP’s Customer Service at 800-843-0719 for assistance.

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.