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.
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.

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/how-to-use-medicare-cost-plans 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., seven days a week, Oct. 1 through Feb. 14, and 8 a.m. to 8 p.m., Monday through Friday, Feb. 15 through 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., siete 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.

In the know: RMHP formulary
Stay up-to-date on recent formulary changes or additions, including new drugs and recent generics. Visit www.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.

The formulary may change at any time. You will receive notice when necessary.

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>Instructions</th>
</tr>
</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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<tr>
<td></td>
<td></td>
<td>• Should be less than seven. If it’s higher, your provider might ask for this</td>
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<tr>
<td></td>
<td></td>
<td>to be done more often.</td>
</tr>
<tr>
<td>Urine microalbumin</td>
<td>At least yearly</td>
<td>• Done at the same time as A1C.</td>
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<tr>
<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</td>
</tr>
<tr>
<td></td>
<td></td>
<td>treated.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• People with diabetes need to have a dilated eye exam at least once a year</td>
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<tr>
<td></td>
<td></td>
<td>by an optometrist or ophthalmologist.</td>
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<tr>
<td>Foot exam</td>
<td>Daily and at every doctor</td>
<td>• Examine your feet daily, and remove your shoes and socks at each doctor</td>
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<td></td>
<td>appointment</td>
<td>appointment.</td>
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<td></td>
<td></td>
<td>• See your doctor or podiatrist if you need help trimming your toenails</td>
</tr>
<tr>
<td>Dental exam</td>
<td>Two times a year</td>
<td>• Schedule regular checkups and cleanings to prevent gum disease.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Tell your dentist you have diabetes.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Call your dentist if you have red, swollen, or bleeding gums.</td>
</tr>
</tbody>
</table>
Get fit with the Silver&Fit Exercise and Healthy Aging Program

As we age, it’s even more important for us to stay dedicated to a healthy lifestyle. RMHP wants to help our Members live their healthy best, so we work to provide the tools to help them do so.

Members enrolled in the RMHP Medicare Thrifty, Standard, and Plus plans can enjoy the Silver&Fit Exercise and Healthy Aging Program. After registering online for either the Fitness Facility Program or Home Fitness Program, participants can browse the resource library for healthy aging videos and articles, or track your fitness activity! To learn more about or to enroll in the program, call 877-427-4788 (TTY: 877-710-2746) or visit www.SilverandFit.com.

This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premiums, and/or copayments and coinsurance may change on Jan. 1 of each year.

May 25 is National Senior Health & Fitness Day.

Tips

• Test your A1C at least two times a year. An 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.

• Test urine microalbumin at least yearly. This is done at the same time as A1C. It tests the amount of protein (albumin) in urine. An elevated level can indicate kidney damage.

• Get a dilated eye exam yearly. Diabetes can cause damage to your retina that may lead to blindness if not treated. All adults with diabetes need to have a dilated eye exam at least once a year by an optometrist or ophthalmologist.

• Examine your feet daily, and remove your shoes and socks at each doctor appointment. If you have diabetes, you should see your doctor or podiatrist if you need help trimming your toenails safely.

• Schedule regular checkups and cleanings to prevent gum disease. If you have diabetes, consult your dentist if you have red, swollen, or bleeding gums.

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 www.rmhp.org under the “Member Services” section. Simply visit www.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.

Diabetes Management program can help you manage your diabetes

RMHP’s Diabetes Management program can help you manage your diabetes while preventing complications. If you have questions or need help, call an RMHP RN Health Educator at 888-847-6466.
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?

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.

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