Take heart—and make it healthy

A healthy heart pumps about 100,000 times a day, delivering blood to and from the far reaches of your body. However, if you have heart failure (a form of heart disease), your heart doesn’t work as well as it should.

Signs of trouble
Symptoms of heart failure can include:
• Feeling tired or trouble sleeping.
• Shortness of breath.
• Pain in the abdomen.
• Loss of appetite.
• Unexplained weight gain.
• Swollen legs and ankles.
• Frequent dry cough.
Talk to your doctor if you experience any of these symptoms.

Ticker TLC
Heart failure can be treated with the help of your doctor. Treatment plans from your doctor may include taking certain medications to help lower your blood pressure and following a diet and exercise plan.

Take control
There are three basic good habits that can help prevent heart disease:
• Stay away from tobacco. Smoking doubles your risk of developing heart disease.
• Be active. Just 30 minutes per day can help lower your risk.
• Eat good foods like vegetables, fruits, and whole grains. Some foods can contribute to high cholesterol, high blood pressure, diabetes, and weight gain, which are major risk factors for heart disease.
If you have heart disease and haven’t been exercising, talk to your doctor about a diet and exercise plan that’s best for you.

Source: American Heart Association

Take care of your ticker during American Heart Month
Activate your free MyDigitalMD account today

We’ve all been there. Sometimes we have symptoms that we’re not quite sure will lead to something serious. So when you’re not sure what that rash is or if you’re traveling and feeling under the weather, try MyDigitalMD, a free service from RMHP.

With MyDigitalMD, you get direct access to Colorado doctors for the urgent care you need, when you need it. Send a message or video chat with a doctor using your computer or mobile device, all for no cost.

Download the app from the App Store or visit MyDigitalMD.com to activate your free account today.

2016 grace period claims: What you need to know as a marketplace buyer

Did you enroll in your health plan through Connect for Health Colorado? If so, you should know some important information about your reimbursement rights during the 2016 grace period as it applies to your premium payment.

A grace period is a period of time after your payment is due, but no late fees or other penalties are applied. Member pharmacy claims will be denied at the point of sale when premiums are more than one month past due. RMHP wants to make sure that our Members get the treatment you need. Once you’ve paid your premium, you can file for reimbursement for covered medications that will be paid to you at our contracted pharmacy rates, up to what you’ve paid out of pocket during the grace period for any denied claims. Any agreed cost-share on those claims will be your responsibility. Please note that RMHP-contracted rates may be less than the pharmacy’s cash price.

Questions about this process or need to make premium payments? Please call our Customer Service team for more info.
RMHP recently made a pharmacy change. Starting Jan. 1, Walgreens is no longer a contracted pharmacy. Please contact RMHP’s Customer Service team for help finding a nearby pharmacy, or visit rmhp.org and use the convenient online pharmacy locator.

Introducing CaféWell by RMHP

Get healthier the easy way this year with CaféWell by RMHP. This new, comprehensive wellness platform allows Members to get personalized health guidance via web and mobile devices.

CaféWell by RMHP provides Members with features like a customized health itinerary; direct messaging with certified experts in the fields of nutrition, exercise, finance, and stress management; education programs through articles, quizzes, and videos; and community discussions that allow interaction between users and coaches. Register today for CaféWell by RMHP at rmhp.org.

National provider network change

RMHP makes it a priority to ensure our Members have the coverage you need, where and when you need it. As of Jan. 1, 2016, RMHP offers Members nationwide coverage through the First Health provider network, one of the largest national networks offering superior access and value across the country. Information about your access to First Health may be found by reviewing your Evidence of Coverage. First Health has replaced RMHP’s previous contract with PHCS/MultiPlan.

To find a First Health provider, visit rmhp.org. Select “Locate a Provider, Hospital, Pharmacy” and choose “Additional Provider Directories” at the top of the page. From here, choose MyFirstHealth.com under “National Provider Access.”

RMHP in the community

Each year, RMHP employees take part in the United Way campaign to help fund local causes. In this year’s campaign, employees raised more than $23,000 to support the important projects that United Way serves, including those that build strong families, increase self-reliance, and promote health.
To-do’s for a healthy you

Every year brings about new goals, new opportunities, and new changes. With all of this newness, life can get pretty busy! The beginning of the year is a great time to create a health and wellness checklist to help make sure your health remains a top priority during this busy time.

• Schedule your annual wellness exam and screenings, including routine physicals and OB-GYN appointments. These preventive visits are key in helping you maintain good health.
• See your dentist to keep your smile healthy.
• Get your eyes checked. Eyeglass and contact prescriptions typically expire after one year.
• Create a budget to get you on track for financial health.
• Develop an exercise and diet program. Be sure to talk to your doctor if you have any health conditions or are new to exercise.
• Write down your goals for the year. Having them on hand will keep them fresh in your mind and make them easier to achieve.

Remember, there’s no time like the present to start living a new, healthy lifestyle!

Your doctor and you: Making the most of your preventive health visit

Taking care of yourself to prevent illness is important, and that’s why RMHP offers no-cost preventive coverage. Because your time—and the doctor’s—is valuable, it’s best to make the most of your annual wellness exam and know exactly what it’s for. Here’s what you need to know:

• Preventive health visits are for screenings and health measurements.
• Routine screenings, blood pressure and other vital checks, and height and weight measurements are all things that can be expected to be covered at these annual visits.
• Do you have a sore knee or hip? Are you concerned about your high cholesterol? It’s important to share your concerns with your provider—but know that if you choose to do so at an annual wellness exam, these issues may fall outside of the covered services for the visit and result in potential charges. Ask your doctor if another appointment is necessary to discuss any of these worries to avoid unexpected expenses.

For additional questions about your plan’s benefits, contact RMHP’s Customer Service at 800-346-4643 or customer_service@rmhp.org.