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
Get fit and have fun—family style!

You share a home, history, love...it’s what makes you a family—and that’s a special bond.

There’s something else that families often share: habits, and one of the best habits you can share with your family is regular exercise.

Exercise is good for everyone. It can make you stronger, give you energy, decrease stress, and help your heart. What’s more, it can even be fun.

Your kids look to you as a role model. If they see you making physical activity part of your everyday life, there’s a good chance they’ll do the same.

Here are a few suggestions for getting your family moving together:

• Make at least one day a week family fun day. You might go cross-country skiing, head to a pool or even take a karate class together.
• Find ways to be active in the moment. Just turn off your TV now and then and lead everyone outside for a game of tag or to toss a ball around.
• Make chores a team effort. For example, clean the house together, or tend to a garden. That’s exercise. Even though the activities involve work, maybe no one will think of it that way if they’re having a good time.

Sources: Academy of Nutrition and Dietetics; American Academy of Pediatrics; American Heart Association

MyDigitalMD: Care when you need it

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.

RMHP online resource center

Do you have questions about how medical determinations are made? Are you interested in learning about how RMHP works to coordinate your care with your doctor? This information and more may be found at rmhp.org under the “Member Services” section.

If you would like a written copy of this information, call RMHP’s Customer Service at 800-346-4643 or 970-243-7050, or send your request in writing to Rocky Mountain Health Plans, 2775 Crossroads Blvd., Grand Junction, CO 81506

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.
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.

Putting Members’ quality of care first
RMHP maintains our tradition of and commitment to constantly looking for ways to improve the quality of care and level of service provided to our Members. We understand that health care is personal, and we take our responsibility for providing access to care very seriously.

You can obtain information about our Quality Improvement program by visiting rmhp.org or contacting Customer Service at 800-346-4643 or customer_service@rmhp.org.

Pharmacy network change reminder
RMHP recently made a pharmacy change. Effective Jan. 1, 2016, 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.

Mexistrone soup
Makes 6 servings.

Ingredients
1 tablespoon canola oil
1 medium onion, diced
1 carrot, sliced
1 large garlic clove, finely chopped
1 small zucchini, halved lengthwise and sliced
1 cup yellow corn (no salt added), frozen or canned
1 cup black beans, rinsed and drained
1 cup pinto beans, rinsed and drained
1 can (14.5 ounces) stewed tomatoes with jalapeños*
2 teaspoons dried oregano
1 teaspoon dried basil
1½ cups spicy tomato juice
½ cup water
Freshly ground black pepper
1 cup corn chips, lightly crushed, optional, for garnish

*As a substitute for stewed tomatoes with jalapeños, sauté a finely chopped fresh jalapeño pepper with the vegetables.

Directions
Heat the oil in a medium Dutch oven over medium-high heat. Sauté onion and carrot 3 minutes. Add garlic and zucchini. Cook, stirring, 2 minutes.

Add corn, black and pinto beans, stewed tomatoes with their liquid, oregano, and basil. Pour in juice and ½ cup water.

Bring mixture to a boil and simmer 5 minutes.

Season to taste with pepper, and serve with corn chips, if using.

Nutrition information
Amount per serving: 167 calories, 3g total fat (less than 1g saturated fat), 29g carbohydrates, 7g protein, 8g dietary fiber, 610mg sodium.

Source: American Institute for Cancer Research
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.