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
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 free 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.

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/coinsurance may change January 1 of each year.

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

Are you looking to make some healthy changes this year? Members who enroll in the RMHP Medicare Thrifty, Standard, and Plus plans can now enjoy the new Silver&Fit Exercise and Healthy Aging Program. To learn more about or enroll in the Silver&Fit Exercise and Healthy Aging Program, call 877-427-4788 (TTY 877-710-2746) or visit 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/coinsurance may change January 1 of each year.

Medicare National Coverage Determinations

From time to time, Medicare makes decisions called Medicare National Coverage Determinations (NCDs). These decisions may add new covered services or change the coverage of items and services. Rocky Mountain Health Plans wants to ensure our Members have the most current information regarding NCDs.

Visit rmhp.org/medicare/how-to-use-medicare-cost-plans and scroll down the page to “Medicare National Coverage Determinations.”

RMHP online resource center

Do you have questions about new technologies? 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.

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 by contacting Customer Service at 800-346-4643 or customer_service@rmhp.org.

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., 7 days a week, Oct. 1 to Feb. 14, and 8 a.m. to 8 p.m., Monday through Friday, Feb. 15 to 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., 7 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.

RMHP is a Medicare-approved Cost Plan. Enrollment in RMHP depends on contract renewal.
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!

RMHP online tools and resources

Welcome to RMHP! Whether you’re a new or returning RMHP Member, we’re excited to have you on board. At RMHP, we work to make sure you have the tools you need to help you make the most of your plan and live your healthy best. Through accessRMHP, the secure online Member portal, you can access these helpful tools and more:

- Pay premiums online. Conveniently—and securely—make online monthly premium payments.
- Request or print an ID card.
- Get pharmacy help. Make informed prescription choices and compare prices with our Drug Price Check tool.
- Rate a provider. Help other Members choose the right provider by letting them know what you think about your doctor, hospital visit, and more.

Please note that to access the Member portal, your web browser must be newer than Internet Explorer 8. For questions or to learn more about available tools and services, please contact Customer Service at 800-346-4643 or customer_service@rmhp.org.