Thanksgiving dinner

Three food facts every cook should know

We all know Thanksgiving dinner is a reason for gathering together, giving thanks, and eating good food. Here are three helpful preparation tips you may not know:

1. **Thawing your turkey on the kitchen counter may lead to bacteria growth.** Instead, thaw it in your refrigerator for 24 hours for each four to five pounds. If that’s not possible, defrost the turkey in your microwave oven using the manufacturer’s instructions.

   You can also place the turkey in its original packaging under cold running water or in cold water that’s changed every 30 minutes. Expect two to 12 hours to thaw the bird—depending on your turkey’s size—according to the Food Safety and Inspection Service of the U.S. Department of Agriculture.

2. **It’s safest to cook stuffing separately from your turkey.** Food must reach an internal temperature of 165 degrees to ensure bacteria are destroyed. That may not happen with stuffing tucked inside a turkey. If you do stuff the bird, do so loosely. Roast your turkey immediately after stuffing it, and use a food thermometer to verify when the center of the stuffing has reached 165 degrees.

3. **You can cut calories and fat in your favorite dishes without sacrificing flavor.** The Academy of Nutrition and Dietetics recommends using simple substitutions like reduced-fat cheeses in salads, low-sodium chicken broth instead of butter, or nonfat whipped topping for desserts to make a dish healthier.
Pay your premium online

RMHP is excited to announce a new online monthly premium pay feature available at rmhp.org. Now you can enjoy a convenient way to pay your monthly premium without needing a stamp or leaving your home. Visit rmhp.org and try it today.

Open enrollment is here

It’s once again that time of year for the Open Enrollment Period. Between Nov. 1, 2015, and Jan. 31, 2016, individuals and families looking to shop for a new health plan or make a change to their current one may do so. Coverage may begin on Jan. 1, 2016. If you do not enroll in a 2016 plan by Jan. 31, 2016, you may only enroll in a 2016 health plan with a qualifying event. To speak with an RMHP plan expert, call our local, dedicated team at 800-453-2981, option 4, or Live Chat at rmhp.org.

Did you know?

RMHP offers health plans for a variety of audiences, including individual and family, large and small employer group, Medicare, and Medicaid/CHP+. We’re the only health insurance carrier in Colorado that can say we proudly cover everyone. Learn more about our plans at rmhp.org.

Your right to appeal

If you are dissatisfied with a decision made by RMHP, you have the right to ask us to reconsider our decision. The reconsideration process is called an appeal. Your request for an appeal can be submitted in writing, via email, or by calling our Customer Service department.

There are two types of appeals, internal and external, that may lead to multiple levels of review.

Decisions of appeals are made in the following time frames per type of appeal and level of review:

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This description of the appeals process is intended to serve as a brief summary only and does not replace the terms and conditions of the Evidence of Coverage.

The external review and arbitration processes are explained in more detail in the Evidence of Coverage section of your Member handbook.

If you are part of a group governed by the federal Employee Retirement Income Security Act (ERISA), you may request a court review of RMHP’s decision or the Member Appeals Committee.
The most common diabetic eye problem is retinopathy, a disorder that causes vision changes and sometimes blindness. Yearly eye exams, controlling your blood sugar and blood pressure, and eating a healthy diet can help keep your eyes healthy.

The retina is a thin layer of cells at the back of your eyeball that helps you see clearly. When blood sugar or blood pressure gets too high, it can cause delicate blood vessels in the retina to tear or burst. High blood sugar can also cause blood vessels in the eye to swell and change the shape of the lens, which will return to normal after getting blood sugars under control.

Yearly dilated eye tests are important and can help find problems early, when they are most treatable. In many cases, eye problems that are found early can be corrected before any warning signs start to appear.

Good diabetic care like the following can keep your eyes healthy:

• Have a yearly blood test to check your A1C, which should be below seven percent.
• Have a yearly eye checkup.
• Have a yearly lipid panel check.
• Control your blood pressure.
• Be tested yearly for kidney disease.

Call your doctor if you notice any vision changes, such as seeing floaters, blurry vision, changes in your field of vision, and problems seeing at night.

If your doctor tells you that you have retinopathy, remember that it can be treated.

Source: diabeticconnect.com

November is **Diabetic Eye Disease Month**

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Source: diabeticconnect.com

RMHP has a Chronic Disease Management program that focuses on diabetes and heart disease. Our nurse can provide you with education and assist you with health care needs. You can reach the RMHP Chronic Disease Management Educator at 970-248-8746 or shelly.lambert@rmhp.org.

Did you know that RMHP provides Care Management? Have you ever wondered what services require preauthorization? This information and more may be found at rmhp.org. 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

RMHP in the community

Do you ever find yourself shopping on amazon.com? If so, there’s a great way to help support local communities through the RMHP Foundation. Visit smile.amazon.com and search “Rocky Mountain Health Plans Foundation.” Simply select the Foundation and begin shopping. Your purchases will help support the RMHP Foundation, which sponsors a variety of health-related causes across Colorado, including We Can! Mesa County; Baby & Me, Tobacco Free; and Sustaining Integrated Care (SHAPE), which tests a global budget model for the integration of medical, mental, and behavioral health care.
Announcing an RMHP pharmacy change

On occasion, RMHP must make changes to ensure our Members are receiving the best savings possible. RMHP will soon be taking advantage of MedImpact’s High Performance pharmacy network for a more efficient, cost-savings approach to our Members’ prescription claims.

This change to our pharmacy network will begin on Jan. 1, 2016, and means Members will:

- Have access to over 750 pharmacies in the RMHP pharmacy network.
- Receive new savings on many of your prescriptions.
- Get 90-day prescriptions for a discounted copay at any network retail and mail-order pharmacy (does not apply to coinsurance claims).
- No longer use Walgreens as a network pharmacy.

Current prescriptions may easily be transferred from Walgreens to any of our network pharmacies, so it will not be necessary to obtain a new prescription. Beginning Jan. 1, 2016, prescriptions filled at Walgreens will not be covered by RMHP.

The pharmacy network or provider network may change at any time. You will receive notice when necessary.

For questions or help finding a pharmacy, please contact RMHP’s Customer Service team at 800-346-4643 or 970-243-7050 (TTY: 711) or customer_service@rmhp.org, or use our online pharmacy locator.