Spring cleaning for a mold-free home

Nobody likes mold, but if you’re allergic to the stuff, it can hurt your health.

The American College of Occupational and Environmental Medicine estimates about 10 percent of people in the U.S. are allergic to mold spores found in and outside the home. Mold can trigger sneezing, runny nose, scaling skin, asthma and other symptoms.

You can reduce mold exposure by following these tips:

- **Keep bathrooms clean and dry.** Ventilate steamy bathrooms with a fan or open window. Clean and disinfect bathroom surfaces regularly.
- **Clean garbage pails frequently.** This is another place mold likes to hide.
- **Fix leaks.** Leaks contribute to mold-friendly moisture. Fix problems right away.
- **Limit houseplants.** Indoor plants look nice, but mold can grow in their soil, too.
- **Use a central air conditioner with a HEPA air filter.** This helps trap mold spores before they enter your home.

Additional source: American Academy of Allergy, Asthma & Immunology
In the know: RMHP formulary
Stay up-to-date on recent formulary changes or additions, including new drugs and generics. Visit rmhp.org/members/rx-info and click on “Formulary Updates” 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.

In the news
Making a difference in mental health
RMHP takes pride in our mission to provide access to quality health care for all Coloradans. As an example of our commitment to this mission, RMHP has implemented a program at Pediatric Partners of the Southwest in Durango in an effort to increase access to mental health care. The program employs two part-time behavioral health counselors who may see patients simultaneously with the physicians. The free services are funded by RMHP and are utilized to better identify mental health problems often addressed during short, routine checkups. The counselors may recommend coping strategies on-site and provider referrals to other counselors for ongoing therapy. Appointments are primarily geared for Medicaid patients, although non-Medicaid patients may also get help. RMHP is collecting data from this program to measure the impact the counselors have on long-term health outcomes.

RMHP in the Community
• April 16: BeaconFest in Grand Junction
• April 18: Salute to Seniors in Denver
• April 25: March for Babies in Grand Junction and Denver
• May 15–16: Mike the Headless Chicken Festival in Fruita
• June: Bike to Work Month in Grand Junction
• June 12: St. Baldrick’s Head Shaving in Grand Junction

RMHP is proud to once again sponsor the Colorado Rapids. RMHP will be at several games this season, so be sure to stop by and say hi while you’re cheering on the Rapids! Check out the full game schedule at coloradorapids.com.

June is Bike to Work Month.
You want to exercise. You know it's good for both your mind and body. You actually feel better when you do it. What, exactly, is getting in the way? It could be dozens of things. Some are pretty persuasive too. Life happens. But other times, excuses are just excuses.

Here are some common thoughts that derail good exercise intentions—and tips for what to do about them.

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<tr>
<th>The excuse</th>
<th>The remedy</th>
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<tr>
<td>&quot;I'm too tired.&quot;</td>
<td>The truth: Consistent exercise actually boosts your energy. But if you wait until you're too tired, it might not happen at all. Schedule your workout for a time of day when you have some get-up-and-go.</td>
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<td>&quot;I don't have time.&quot;</td>
<td>• Schedule exercise just like any other priority.</td>
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<td>• Keep your walking shoes at your desk and head out for a brisk stroll during lunch…or breaks.</td>
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<td>• Pack your gym bag the night before.</td>
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<td>• Break exercise into 10-minute chunks if you need to.</td>
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<td>• Do double-duty: Walk in place while watching TV; ride a stationary bike while on the phone; park 20 minutes from work and walk to and from your car.</td>
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<td>&quot;It's too wet/cold/hot.&quot;</td>
<td>Come up with an indoor routine you can do when the weather doesn't cooperate. Doing calisthenics, climbing stairs, jumping rope, walking in a mall, or swimming indoors are no-cost or low-cost activities.</td>
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<td>&quot;Who cares? Why bother?&quot;</td>
<td>Oh, that negative inner voice. It zaps confidence and destroys motivation. Keep track of your miles, time, reps, or steps. Give yourself credit for a job well done!</td>
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Sources: American College of Sports Medicine; American Council on Exercise; Centers for Disease Control and Prevention

Dental checkups: Clues to overall health

What your dentist sees in your mouth amounts to more than just the health of your gums and teeth.

There is a strong relationship between the health of your mouth and your general health, according to the American Dental Association.

Regular trips to your dentist can be an important part of preventing, diagnosing, and treating serious health conditions.

Poor oral health is associated with many health problems, such as:

- Tooth decay (cavities), which can cause pain and absence from school or work.
- Periodontal (gum) disease, caused by an infection under the gums. It can cause teeth to become loose, making chewing difficult. Periodontal disease can be related to heart disease, stroke, and bacterial pneumonia.
- Dry mouth, or a lack of saliva, caused by age, disease, or medications. Dry mouth raises the risk of tooth decay.

- Oral health can also be affected by poor nutrition and tobacco, alcohol, and illicit drug use.

So practice good daily oral hygiene. Brush and floss your teeth, and get regular dental checkups.
Does it feel like you are always stressed out? We work hard all day trying to balance responsibilities and then toss and turn all night worrying about them. At the risk of adding to your overall anxiety, here’s something else to consider: All of this stress can lead to serious health problems. However, we can learn how to deal with stress and be healthier for it.

Stress may be inevitable, but it doesn’t have to be unbeatable. Understanding stress

Everybody feels stress at one time or another.

It can be physical stress, which can occur when you’re busy, tired or recovering from an illness; emotional stress, which may result from anxiety over money, work, or an overwhelming event, like the death of a loved one.

Any sort of change—even positive—can increase stress. A promotion at work, marriage or the birth of a child might boost stress. No matter the cause, too much stress can affect your health.

To combat stress, start with the basics: Eat right, get plenty of sleep and stay physically active.

More stress busters

**Learn to say no.** If you have too much on your plate at home or at work, let others know. Set realistic goals.

**Be flexible.** Try to avoid arguments. If there’s a disagreement, explain your position calmly and rationally.

**Write it down.** Keep a journal of your thoughts and concerns. It may help you identify specific stress triggers.

**Reach out.** Helping others can improve your self-esteem and build a stronger social network, which can help ease stress.

**Open up.** Try discussing the stresses in your life with family and friends.

RMHP’s cyber security and you

In light of the recent cyber attacks and scams on the insurance industry, RMHP wants our Members to know that we stay committed to protecting your personal information.

- RMHP limits access to your personal health information (PHI) to those who need it in order to help you get the products or services you need.
- RMHP will never send you an email requesting your personal information.
- RMHP will also never sell or distribute your email address.
- When Members have consented to the use of email communication, any necessary emails containing PHI will be sent in a confidential format.

If you receive an RMHP email that you consider suspicious, please do not open it, and call RMHP to validate that the email was sent by RMHP and is safe to open. We have established policies to protect your information, and we will continue to take diligent steps to ensure safeguards are in place to maintain your security.