On the trail to safety

It’s summer in Colorado, and that means you might be thinking about getting out for a hike. Before you set off to explore the great outdoors, keep these five safety tips in mind:

1. **Have a plan.** Let someone know where you’re going and when you expect to return. If you’re hiking with a group, decide where you’re going to meet if you get separated. This could be back at the trailhead, at the car, or at a unique trail marker.

2. **Dress for success.** Wear clothing and footwear appropriate for the terrain and season. If you’re worried about ticks or mosquitos, wear a long-sleeved shirt, long pants, and shoes.

3. **Educate yourself.** If poison oak or ivy grows where you’ll be hiking, learn how to recognize these plants so you can avoid them.

4. **Pack appropriately.** Be sure to bring water, food, a cellphone, a map or compass, a whistle, a headlamp, a first-aid kit, and a flashlight.

5. **Choose wisely.** Hike on an established trail, and stay out of areas declared off-limits to hikers.

Sources: American College of Emergency Physicians; National Park Service; Recreation.gov

July is Parks and Recreation Month! Looking to explore Colorado? Visit rmhp.org/blog for some of our ideas of summer fun.
Android users:  
Your free MyDigitalMD app is here!

RMHP is excited to introduce the free Android app for MyDigitalMD that gives you access to health care, anywhere. Now Android users can join iPhone users and enjoy all of the benefits that MyDigitalMD has to offer by downloading the free app from Google Play. MyDigitalMD allows you to text or video chat with Colorado-based doctors to get answers to your common, urgent health questions.

Visit MyDigitalMD.com or download the app to get started today!

In the know:  
RMHP formulary

Stay in the know about formulary changes on our website!

To view specific periodic formulary changes, including new drugs and generics, visit our website, rmhp.org/members/rx-info, and click on “Formulary Updates” located under “Learn More About Your Drug Coverage.”

To view the most up-to-date, complete formulary, visit rmhp.org/formularies or call 970-244-7760 or 800-346-4643 (TTY: 711), and we will mail you a copy of the latest update.

WellDyneRX Mail Order Pharmacy

A service for RMHP Members

RMHP is pleased to partner with our exclusive mail order pharmacy service, WellDyneRx. Follow these steps to use this service:

- Visit myWDRX.com or call 888-479-2000 and follow the updated prompts.
- If you are unable to hold, you may request a call back. Your call will typically be returned within one hour and no later than 24 hours, from 10 a.m. to 7 p.m. Mountain time.
- If a voicemail is left by WellDyneRx, a callback number will be left in the message. For better service, do not call the number on your caller ID.
- Use WellDyneRx to fill a 90-day supply of medications for chronic, long-term conditions, such as high blood pressure, high cholesterol, and diabetes.

To better serve the Members of RMHP, WellDyneRx is working to increase efficiency in their pharmacy call center. By July 2016, your anticipated call wait time should be less than one minute. If you don’t experience the same level of service you’ve come to expect from RMHP, please let us know! Your concerns will be forwarded to the WellDyneRx/RMHP account manager for resolution and quality improvement.

RMHP Online Resource Center

Check out what’s new on the RMHP Online Resource Center! Now you can find information about:

- Additional Care Management services and coordination of care.
- New technology processes.
- Our Quality Improvement program.

This information and more may be found at rmhp.org under the “Member Services” section. Simply visit rmhp.org/members/member-services/online-resource-center.

If you would like a written copy of this information, call RMHP 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.

From our partner: 
A hearing discount program for RMHP Members

RMHP is pleased to provide our Members with a hearing discount program.

The discounts are made available through Rocky Mountain Hearing Benefits (RMHB), a group of hearing specialists that have served the residents of Colorado for more than 30 years. Call RMHB toll-free at 844-428-6282, Monday through Friday, 9 a.m. to 6 p.m., to schedule your appointment.

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Notice of Privacy Practices

Rocky Mountain Health Plans respects and protects the privacy of your health information. Our Notice of Privacy Practices describes your rights under the Health Insurance Portability and Accountability Act (HIPAA) and how medical information about you may be used or disclosed.

To request a copy of the notice:
- Visit rmhp.org and click on “Privacy & Disclosures” at the bottom of the page.
- Call Customer Service at 800-346-4643.
- Write to RMHP at: Rocky Mountain Health Plans Attn: Privacy Notice PO Box 10600 Grand Junction, CO 81502-5600

Snack on the go:

**Spiced toasted almonds**

Looking for a healthy on-the-go snack for your summer adventures? Try this spiced toasted almonds recipe:

Makes 8 servings.

**Ingredients**

- 1 tablespoon dried thyme leaves
- 1 teaspoon kosher or sea salt
- ¼ teaspoon red (cayenne) pepper, or to taste
- 2 teaspoons canola oil
- 2 cups whole, unblanched almonds
- Canola oil spray

**Instructions**

1. Preheat oven to 400 degrees.
2. In a large, shallow bowl, combine thyme, salt, pepper, and oil. Set aside.
3. Place nuts in a medium bowl. While tossing with fork, lightly spray with canola oil so all surfaces are coated.
4. Lightly coat baking sheet with canola oil spray.
5. Turn nuts onto sheet and spread evenly across surface.
6. Place baking sheet in center of the oven. Toast until nuts are lightly browned and fragrant, about eight minutes. Occasionally, shake pan to shift nuts and prevent scorching. (Be careful not to let nuts get too dark, or they’ll taste burned.)
7. Remove from oven, and immediately add hot nuts to spice mixture. Stir for a few minutes to coat the nuts thoroughly. Taste and adjust the seasonings.
8. Serve warm or at room temperature.

Nuts can be sealed and stored for up to two weeks. Reheat in a hot oven.

**Nutrition Information**

Serving size: ¼ cup. Amount per serving: 223 calories, 19g total fat (1g saturated fat), 7g carbohydrates, 7g protein, 4g dietary fiber, 235mg sodium.

Source: American Institute for Cancer Research
Go for the gold
Find fitness inspiration in the Summer Olympic Games

Looking for ways to add more fun to your fitness routine? Turn your eyes to Rio de Janeiro, the site of the Summer Olympics—and a source of some energizing exercise ideas!

Walk a marathon—at your pace. Maybe you’re not ready to run a real race, but don’t let that stop you. Make it your goal to walk 26.2 miles (the length of a marathon race) over the course of several months.

Try table tennis. This fast-paced calorie-burner became an Olympic sport in 1988. Dust off that basement table tennis table, or head to the nearest recreation center.

Give golf a go. Golf returns to the Olympics after being banished from the game roster for more than 100 years. Consider adding it to your active lineup too.

Form a team. Olympic sports can be fun for the whole family. Try playing volleyball, badminton, or soccer in your backyard. Shoot some hoops or pack up the tennis rackets and head to a nearby court.

Pedal your heart out. Olympic cyclists pedal for medal in road, mountain, track, and other bike races. To get your heart racing, grab a helmet, hop on your bike, and ride to good health.

Row like a pro. No boat is needed for these Olympic-style cardio moves—just hit the rowing machine at the gym. Sign up for a group class to multiply the fun.

Sources: American Academy of Orthopaedic Surgeons; American Council on Exercise; Centers for Disease Control and Prevention; International Olympic Committee; National Institutes of Health

Olympic trivia

The ancient Olympic Games began in Greece about 3,000 years ago. They were originally held over one day. The games were suspended in 393 AD. The modern games were revived in 1896.

The Olympic torch, which symbolizes friendship and peace, will travel this year across Brazil—mainly by foot—for nearly 100 days.

More than 10,000 athletes from 206 countries are expected to be in Rio de Janeiro for the Summer Olympic Games. Four regions of the city will be home to 32 competition venues.

Some of the things organizers are expecting to need for the games: 25,000 tennis balls, 6,400 shuttlecocks (for badminton), 60,000 clothes hangers, and 34,000 beds.

Sources: International Olympic Committee; Rio 2016