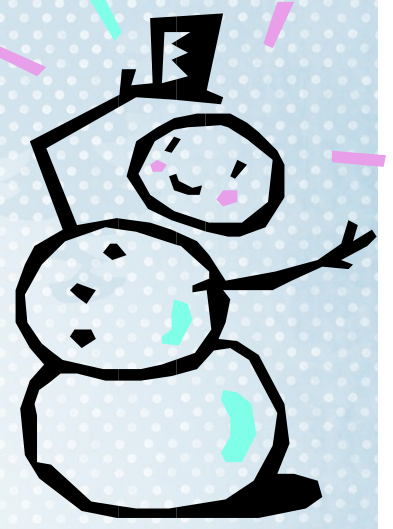


BEST WISHES
FROM

Rocky Mountain Rural Health
For a happy holiday season
and a healthy new year!



RMRH offers caring,
compassionate and confidential
assistance.

Don't let the date glide by!
Remember Open Enrollment for Health
Insurance is November 1st to January
15th!

Rocky Mountain Rural Health
PO Box 1600
Fairplay CO 80440

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HEALTH MATTERS

A PUBLICATION OF ROCKY MOUNTAIN RURAL HEALTH

4TH QUARTER 2018

BENEFITS of HEALTH SCREENINGS

There are many factors that come into play when it comes to overall health. Living a healthy life style, which includes a balanced diet, routine exercise and rest, all work together to make a person healthy; but sometimes this may not be enough. Contributing factors to potential issues can be seen through family histories and aging. The best way to detect these issues before they become full blown medical emergencies is through screening tests.

Families are wonderful, they are our first friends, they teach us how to interact with the outside world and give us the love and support we need to grow into happy healthy adults, but they can also pass on some other not so pleasant stuff like high blood pressure, high cholesterol and even some cancers. All of these illnesses can be identified then treated through routine screening tests. But that can only happen by visiting a medical provider.

All children up to the age 18 should receive an annual well child check. These appointments are crucial in detecting any delays or illness that can affect a child throughout their life time.

Screening medical exams start in our 20's, and as we age some of these tests are no longer recommended and different tests are recommended. Based on your health history and having a good working relationship with your medical provider, he/she will know what tests are the most appropriate for you.

Aging is a normal occurrence and should never impede with living a healthy lifestyle of balanced diet, routine exercise and rest. However, as we age we become more susceptible to illness. It is important to see a physician annually in later years as illness that a once younger body may fight off with ease may not be able to do as well in later years.

Screening tests are the key to staying ahead of potentially life-threatening illness and should be taken advantage of.

It can be the difference between stage I and stage III cancer!!

PREVENTIVE CARE FOR ADULTS

All federally qualified health plans cover the following preventive services without charging a copay or coinsurance. Check with your PCP on guidelines.

Screenings for: abdominal aortic aneurysm; alcohol misuse ; blood pressure; cholesterol; colorectal cancer; depression; type 2 diabetes; hepatitis B and C; HIV; lung cancer; obesity; syphilis; tobacco use and tuberculosis

Immunization vaccines: diphtheria; hepatitis A and B; herpes zoster; human papillomavirus; influenza; measles; meningococcal; mumps; pertussis; pneumococcal, rubella; tetanus; varicella

Go to <https://www.healthcare.gov/preventive-care-adults/> for more info.



REGULAR HEALTH SCREENINGS FOR MEN AND WOMEN AGES 40-64

- BLOOD PRESSURE
- CHOLESTEROL & HEART DISEASE
- COLORECTAL CANCER
- DENTAL EXAM
- DIABETES
- EYE EXAM
- IMMUNIZATIONS
- LUNG CANCER
- OSTEOPOROSIS
- PHYSICAL EXAM
- SKIN EXAM

ADDITIONAL SCREENINGS FOR WOMEN AGES 40-64

- BREAST EXAM
- MAMMOGRAM
- PELVIC EXAM AND PAP SMEAR

ADDITIONAL SCREENINGS FOR MEN AGES 40-64

- PROSTATE EXAM
- TESTICULAR EXAM

BENEFITS OF ...

WALKING

Walking may not exactly train you for a marathon but that doesn't mean it's not a great form of exercise.

Walking may improve your mental health. Regular exercise may actually reduce depression and anxiety. In a 2011 study of older women, those who walked on a regular basis had lower scores on the depression and anxiety scale.

Walking can lower your weight. Losing weight and lowering your Body Mass Index (BMI) doesn't necessarily require an intense workout. **The American Diabetes Association suggests 30 minutes of brisk walking a day (3-4 MPH) five days a week to reduce your weight and BMI.***

Walking can help lower your blood pressure. In a study published in *Medicine & Science in Sports & Exercise*, postmenopausal women who walked a mile or two a day lowered their blood pressure by about 11 points after six months.

Walking may lower resting heart rate. This is a good thing, fewer beats per minute means your heart is working more effectively. A 2015 study in the *Journal of Sports Medicine* found that participants in a walking group showed an average heart rate drop of nearly three beats per minute.



Walking can help lower cholesterol. That same study of walking groups demonstrated a drop in the participants' total cholesterol as well.

Walking can help prevent chronic health conditions. Since walking can lower your blood pressure, BMI and cholesterol, you may be less likely to develop diabetes and other conditions.

Walking can improve your bone health. Regular activity can prevent loss of bone mass and reduce the risk of fractures, according to the Arthritis Foundation. And do you want to know the best part? Walking is FREE!

Find a buddy - human or furry, step outside and make walking a part of your day!

STEP BY STEP TO A HEALTHIER ME

STARTING LINE : ___/___/___

FINISH LINE: ___/___/___

MY STATS	DAY 1	DAY 20
Weight		
Waist (Inches)		
Blood Pressure	/	/
Resting Heart Rate		

Need to get your blood pressure or pulse taken? Come to one of our outreach events near you! Our Community Health Workers will gladly help. See our website for scheduled outreaches - www.rmrh.org.

Email us your progress at info@rmrh.org and receive encouraging messages from our Community Health Workers!

MY PROGRAM*	BRISK WALKING		5 DAYS A WEEK			TO A HEALTHIER ME
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	
Week 1	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes
Week 2	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes
Week 3	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes
Week 4	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes	___ minutes

BENEFITS OF...

GIVING

Park County is the most beautiful county in all of Colorado. We have everything the mountains can offer - beauty, tranquility, wildlife, recreational pursuits of all kinds.

Although off the charts for beauty, Park County residents and visitors must contend with the challenges of very limited health care in a county bigger than the state of Delaware.

Rocky Mountain Rural Health has been promoting the good health of Park County people since 1989. Our focus has been in improving access to healthcare in a county with no primary care provider, no pharmacy, no urgent care, no hospital, no nurse practitioners. We work tirelessly to find or create solutions for our neighbors facing healthcare situations. Here are some of our neighbors' stories. * Names and situations changed to protect the privacy of our clients.

Bill was referred to us by a county agency. He was living on retirement income and just received word from his doctor that he had a medical condition requiring a very expensive medication. He had no prescription coverage. The economic situation he found himself in was utterly crushing. We worked with him to obtain prescription assistance from the drug manufacturer and he no longer had to choose between his health and the rest of his needs.

A man came to our office referred by a local agency. They had been able to assist him with many needs but couldn't help him with one of life's necessities - clothing. When he came to our door, he had only the clothes on his back. When he left, he had a modest wardrobe provided from our sizeable stash of clothing. Countless people have 'shopped' with us!

Mary called us in tears. She had just been diagnosed with stage 3 cancer and was bewildered by all that lay ahead. We worked with her closely to navigate the healthcare system and to understand her treatment plan. Bills began to mount and foreclosure on her home was looming. We worked with her to obtain personal grants and other sources of funding. Today she is still in her home and has been given a clean bill of health.

For many reasons Park County attracts people of independent spirit but even the most fiercely can-do person sometimes needs help. That was the situation with one off-grider who was struggling to remain in his home after surgery. Neighbors came to his aid and RMRH was able to provide vouchers for gas to fuel a generator which eased the burdens of homesteading during his recovery.

Sarah was eating lunch at a local restaurant where RMRH regularly conducts outreach events and decided to have her blood pressure checked. It was dangerously high and so was the recheck. Our Community Health Workers referred her to her primary care provider for immediate evaluation. She is now following her provider's treatment plan and regularly comes to our outreach events to monitor her blood pressure.

John was inundated with bills and correspondence following a recent hospitalization. His insurance company was denying the claim leaving him with massive hospital and doctors' bills. Our Community Health Workers helped him by sorting through everything and identifying possible errors made by providers and his insurance company. Together they filed an appeal and had the claim reviewed. It was readjusted in favor of John and his insurance company paid their portion.

ROCKY MOUNTAIN RURAL HEALTH

We Help People Get the Healthcare They Need!



Giving to Rocky Mountain Rural Health Benefits YOU, US & OTHERS!

We do not receive government support but depend on grants and donations to offer resources free of charge to the people of Park County. YOU will have the satisfaction of being a good neighbor and will be partnering with US to reach OTHERS - neighbors in need of health related services.

Please consider making a gift to RMRH on Colorado Gives Day which is December 4th. You can also donate to us through them every day of the year. If you wish, your gift can be sent directly to us at RMRH,

PO Box 1600, Fairplay CO 80440. THANK YOU!

All donations are tax deductible to the full extent of the law.



Your gift to RMRH will brighten lives all year round!