



HEALTH MATTERS

Issue 1 2022

HEALTH-RELATED NEWS YOU CAN USE

INSURANCE TIP

Do you currently have insurance through the Connect for Health Colorado marketplace? Are you qualified for tax credits to lower your monthly premiums? Did you have **less** income than reported on your Connect for Health Colorado application?

If so, your income needs to be updated with Connect for Health Colorado. If you qualify for Medicaid and do not take it, you will have to pay back your Advance Premium Tax Credit (APTC).

If you have questions about Connect for Health Colorado or require assistance, please call Rocky Mountain Rural Health at 719-836-2169 to speak to one of our Health Coverage Guides. Our service is free and confidential. We do not sell or endorse health plans.

GOOD NEWS FOR UNINSURED COLORADANS

Special Enrollment for qualified residents

Connect for Health Colorado, the state's marketplace for health insurance, announced a special program titled 'Tax Time Enrollment' (also known as "Easy Enrollment Program") which is designed to grant a Special Enrollment Period (SEP) for eligible Coloradans to be able to enroll in a health insurance plan. Starting in January 2022, Coloradans without health insurance can mark their state income tax return that they are uninsured and opt-in for their information to be shared with Connect for Health Colorado. By doing so they can find out whether they qualify for coverage through Connect for Health Colorado or Health First Colorado (the state's Medicaid program). Those that qualify for this Special Enrollment Period (SEP), will then have 60 days from the time of their application to enroll in a Qualified Health Plan (QHP).



ARE YOU FACING SETBACKS DUE TO COVID? Rocky Mountain Rural Health can help you get back on track through our COVID Relief Assistance Program. Eligible Park County residents affected economically from the pandemic can receive assistance with rent, utilities, gas and grocery cards. Call Rocky Mountain Rural Health at 719-836-2169 and speak to one of our Community Health Workers to see if you qualify. We offer prompt assistance.

Board Vacancy Announced by Health Service District

There is currently a vacancy on the Board of Directors of the **South Park Health Service District**. If you have an interest in health care in South Park, reside in one of the communities served by the District and would like to serve as a Board member, please send a Letter of Interest to the Board at info@sphsdistrict.org.

South Park Health Service District is actively involved in the health and well-being of South Park residents. Created in 2017 by voters in the towns of Alma, Como, Fairplay, Hartsel and Jefferson, the Health Service District's goal is to help fund health services. To that end, the District subsidizes the clinic in Fairplay in partnership with HealthOne and are actively working to bring a pharmacy back to the area. They also support the work of Rocky Mountain Rural Health dedicated to assisting district residents with navigation, insurance, medical billing issues and other complex health-related services. **To learn more about the South Park Health Service District, visit their website at www.sphsdistrict.org.**

WOMEN and HEART HEALTH



Heart disease affects women of all ages, even young and fit women.

64% of women who die suddenly of coronary artery disease have **no prior symptoms**.

Having a family history of heart disease can put women at higher risk for a heart attack but controlling risk factors can help prevent it.

Women who were diagnosed with pre-eclampsia during pregnancy (a condition with high blood pressure) are at higher risk for heart disease.

Risk Factors for Heart Disease:

Diabetes ♥ High Blood Pressure (greater than 120 over 80) ♥ Not being physically active ♥ Drinking too much alcohol ♥ Carrying extra weight or having obesity ♥ Eating an unhealthy diet ♥ Smoking

Primary care providers offer assistance with controlling or managing risk factors. Women can also take an active part in their health by understanding the importance of key health indicators.

Know Your Numbers

Blood Pressure
Cholesterol
Blood Sugar

REMEMBER

Heart attack symptoms may look different for **women** than **men**.

To learn more, talk to your primary care provider and check out these websites:

<https://www.heart.org/en/news/2019/10/04/6-things-every-woman-should-know-about-heart-health>

<https://www.goredforwomen.org/en/about-heart-disease->

Thank you to Heike Petersen, FNP, for providing this valuable information in the interest of women's health.

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

By American Heart Association News

The most common symptom of a heart attack for both men and women is chest pain. But women may experience less obvious warning signs.

The infographic features a central illustration of a man and a woman standing side-by-side. The man is on the left, wearing a red shirt and white pants. The woman is on the right, wearing a black top and red pants. To the left of the man, under the heading 'MEN', are four symptoms with corresponding icons: Nausea or vomiting (head with red dot), Jaw, neck or back pain (torso with red lines), Squeezing chest pressure or pain (chest with red lines), and Shortness of breath (lungs with red lines). To the right of the woman, under the heading 'WOMEN', are six symptoms with corresponding icons: Nausea or vomiting (head with red dot), Jaw, neck or upper back pain (torso with red lines), Chest pain, but not always (chest with red lines), Pain or pressure in the lower chest or upper abdomen (torso with red lines), Shortness of breath (lungs with red lines), and Fainting (head with red dot). At the bottom left is the American Heart Association logo (a red heart with a white torch). At the bottom right, the source is cited: 'Source: American Heart Association's Journal, Circulation © 2019 American Heart Association, Inc.'

Spotlight on Park County Resources



PeaceWorks is a safe ear, a free and confidential community resource to survivors of relationship violence including intimate partner violence/abuse, sexual assault, sex trafficking, teen dating violence and stalking.

PeaceWorks is based in the underserved mountain counties of Jefferson, Park and Clear Creek assisting victims by equipping them with the knowledge, resources, and confidence to stay safe. Services provided include:

- Emergency short-term shelter for survivors, youth and pets
- 24/7 crisis assistance
- Mobile trauma-informed advocacy
- Resource & Wellness Line
- Community awareness and prevention

If you or someone you know needs assistance please call/text **(303) 838-8181**, or email **info@peaceworksinc.co**. Visit their website for more information **www.peaceworksinc.co**.

Coasting in on 'E' due to trips to medical appointments?

RMRH may be able to help.



Through a grant from **The Summit Foundation**, Rocky Mountain Rural Health offers a program reimbursing **Alma** and **Fairplay** residents for travel to and from appointments for physical or mental health needs. In addition to meeting residency requirements, the individual cannot qualify for any other mileage reimbursement program. Eligible individuals submitting appropriate documentation will be reimbursed at forty four cents (0.44) per mile.

Call Rocky Mountain Rural Health at 719-836-2169 to speak to one of our Community Health Workers to learn more.



ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 organization that helps people of Park County get the healthcare they need. We are not a government agency. We depend upon grants and donations to continue our mission of improving access to healthcare in our county. There is an ongoing need for our services many of which are not available through any other agency or group.

Please send your generous donation to:

ROCKY MOUNTAIN RURAL HEALTH (RMRH)

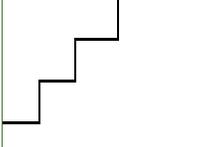
PO BOX 1600

FAIRPLAY CO 80440

Please use my contribution for:

- Breast Health assisting with diagnosis and treatment
- COVID relief assistance
- Emergency Assistance for those going through a medical crisis
- Transportation for mileage reimbursement for medical appointments
- General Operations to help us continue to serve Park County

Contact us by phone at 719-836-2169 Find us on the web at www.rmrh.org Like us on Facebook

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TRY stand 2	FAST	SUBMARINE	<small>For once in my life; Forget it; Travel overseas; Two left feet; All in a days work; No one to blame; Downtown; Eye shadow; Once upon a time; Potatoes; 3-D movie; Top secret; Stepfather; Working; Working nine to five; Seasaw; Try to understand; Breakfast; Yellow submarine</small>		

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