

STRONG body mind



MEMBER NEWSLETTER
// **SPRING 2023**



DENVER HEALTH
MEDICAL PLAN INC.



COLOR THEORY:

How Colors Make Us Feel

Has a particular color ever made you feel a certain way? Color can affect many things, including our mental health and body. Colors evoke emotions, such as happiness or sadness, due to psychological and biological influences. Colors can also have a religious or cultural significance.

Red, yellow and orange are next to each other on the color wheel and considered warm colors. They are bold and often represent happiness, optimism and energy. According to 99designs, stop signs, hazard warnings and barrier tape are either red, yellow or orange because these colors attract attention and trigger action. Blue, green and purple are considered cool colors known to be calming and soothing. In fact, most medical logos are blue because it is associated with trust, strength, professionalism, cleanliness, calmness and trustworthiness.

PANTONE COLOR OF THE YEAR

Since 2000, Pantone has picked their “Color of the Year,” a concept created to engage the design community and color-lovers


around the world, according to the Pantone Color Institute. The 2023 color of the year is “Viva Magenta,” which is “a new animated red that revels in pure joy, encouraging experimentation and self-expression,” as stated by Leatrice Eiseman, the Pantone Color Institute Executive Director. This color will serve as an inspiration for fashion, industrial design and product packaging all over the world. For years, the Pantone Color Institute has described their “Color of the Year” in terms of emotional associations.

THE COLORS WE WEAR

It is very common to choose what color to wear based on your own personal feelings any given day. On a gloomy day, you might reach for a gray sweater because gray is not known to be cheerful color. On a beautiful spring day, you may opt for a yellow shirt to match your mood. This is because color is a very powerful tool for non-verbal communication, and it is one of the ways we self-identify. We pick what to wear based on what we want others to know about us.

CONNECTION TO HEALTH AND WELLNESS

Understanding the psychological meaning of colors is relatively new, and it helps to understand how colors affect the mind and body. According to [verywellmind.com](https://www.verywellmind.com), certain colors have been associated with physiological changes, including increased blood pressure, increased metabolism and



eyestrain. Much research on the psychology of color has explored how colors affect our emotions, and how responses to colors are influenced by factors such as age and cultural background. It's important to keep this in mind when making color decisions. You may want to think about colors that trigger negative emotions versus positive emotions. For example, if yellow makes you feel anxious, it may be a sign that you need to avoid that color. If a particular color makes you happy, it could be a sign to incorporate it more into your daily routine. In many cultures, color is used as a form of therapy to heal. Verywellmind.com notes that several ancient cultures, including the Egyptians and Chinese, practiced chromotherapy, or the use of colors for healing.

SPRING COLOR PALETTE

Spring seasonal color palettes are often filled with warm colors like reds, yellows and oranges or neutrals, such as ivory, cream, camel and sheer browns. Marie Claire magazine reports that "Deep Azure" which

is a saturated deep cobalt color, and "Hot Pink," described as an array of deep fuchsia will be trending this spring season. They also predict that a pastel shade of lavender, a pale-yellow known as "Mellow Yellow," and a shade of red referred to as "True Red" will be popular. Be sure to keep an eye out for these colors in the coming months, as they will likely be a source of inspiration for fashion, interior design and everyday life.

Sources:

99designs <https://99designs.com/blog/tips/how-color-impacts-emotions-and-behaviors/>

Verywellmind (November 29, 2022) <https://www.verywellmind.com/color-psychology-2795824>

London Image Institute (Feb 5, 2020) <https://londonimageinstitute.com/how-to-empower-yourself-with-color-psychology/>

Pantone <https://www.pantone.com/color-of-the-year/2023#:~:text=Welcome%20to&text=Pantone's%20Color%20of%20the%20Year,a%20new%20signal%20of%20strength.>

Marie Claire <https://www.marieclaire.com/fashion/spring-2023-color-trends/>

Denver Health Medical Plan, Inc. (DHMP) has been approved by the National Committee for Quality Assurance (NCQA) to operate as a Special Needs Plan (SNP) until 2023, based on a review of DHMP's Model of Care.

If you need any of the information in this newsletter in Spanish, please call Health Plan Services. Si necesita en español alguna parte de la información contenida en este boletín, llame a Servicios del Plan de Salud.

DHHA / CHP+: 303-602-2100, Elevate Exchange / Colorado Option: 303-602-2090, Medicaid Choice: 303-602-2116, Medicare Advantage: 303-602-2111

NURSELINE ADVICE:

URINARY INCONTINENCE

Urinary incontinence (UI), or leaking urine by accident, is a topic that you may wonder about, but may not have thought to talk about with your primary care provider. You might be embarrassed to ask about it or think it is a “normal” process of aging, and therefore accept it as part of life. Did you know there are multiple different types of UI, and that they can mean different things are going on with your body? UI is more likely to affect you if your sex assigned at birth was female, with about half of this group having regularly occurring UI at some point in their lifetime (usually after age 60). It can occur in up to 20% of individuals whose sex assigned at birth was male, often, but not always, having to do with the prostate.

While UI is very common, that does not make it “normal” or something that you are automatically expected to endure. There are several treatment options and solutions that can help you have a better quality of life. Some solutions are lifestyle-based, including limiting certain caffeinated beverages, having a urination schedule, using a pessary device or pelvic floor physical therapy. Then there are more medical-based options, such as medication, surgical procedures (that are much more successful today than they were years ago), nerve stimulation or even specially placed botox injections. In addition, it is important to get any comorbid

conditions under control, such as obesity, being overweight, smoking and diabetes. Controlling these conditions can greatly improve UI.

Keep in mind that a fever, blood in your urine, cloudy urine, inability to urinate or new frequency/urgency in urinating may indicate a different problem that could need immediate treatment. If you believe you have UI, you should speak to your health care provider or call the Denver Health NurseLine. The NurseLine staff can do a thorough triage assessment and let you know the correct level of care to seek, along with next steps toward finding a solution to this problem.

Written by: Leslie A. Newton, MSN, RN, APRN, FNP-C

Sources: Khalife, T. & Gokhan, A., 2022. Is urine incontinence normal for women?. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/is-urine-incontinence-normal-for-women>

National Institute on Aging, 2022. Urinary incontinence in older adults. <https://www.nia.nih.gov/health/urinary-incontinence-older-adults>

**The Denver Health NurseLine
is available to talk with you about
any health concerns or questions
24 hours a day, 7 days a week!
Give them a call at 303-739-1261.**



Warm Roasted Butternut Squash and Quinoa Salad



SCAN ME

INGREDIENTS

- 3/4 cup – dried cranberries
- 1/2 – large sweet onion, thinly sliced
- 4 cups – tri-color quinoa, cooked and kept warm
- coarse salt
- olive oil
- 1 tablespoon – fresh lemon juice
- 1 tablespoon – raw honey
- 1 – butternut squash, peeled and cut into a medium dice
- 3/4 cup – baby spinach leaves, cut into ribbons



DIRECTIONS

Place the spinach and dried cranberries in a large bowl. Cover and set aside. Place the lemon juice, honey, 1 tablespoon olive oil and pinch of salt in a small bowl and whisk until combined to create a dressing. Preheat the oven to 425 degrees. Line a baking pan with tin foil. Toss the diced butternut squash with 1 tablespoon olive oil and ½ teaspoon salt. Spread the squash out evenly on the baking sheet. Roast the squash on the top rack of oven for 15-20 mins, or until squash is tender and turning golden brown on top. While the squash is roasting, add ½ tablespoon olive oil to a small sauté pan and heat to medium/high. Add the sweet onion and sauté for 2 mins. Reduce the heat to medium and continue to sauté for another 5-6 minutes, until the onion is lightly caramelized. Add hot butternut squash, hot onions and warm quinoa to the bowl of spinach and cranberries. Toss together to slightly wilt the spinach. Add the dressing and toss until well coated. Serve warm.



**DENVER HEALTH
BREAST IMAGING™**



**We are among the best in the country in
detecting breast cancer early.**

Getting a mammogram can save your life!

IF YOU ARE:

- A woman aged 40+
- Have not had a screening in the past year

You are eligible to get a mammogram at Denver Health!

A MAMMOGRAM:

- Takes 10-15 minutes
- Catches breast cancer early, when it is most treatable

**Appointments available within a week at the clinic in the
Outpatient Medical Center (Pavilion L), 5th floor**

**Call 303-253-7679 or schedule through
your MyChart account today!**

Scan the QR code for more information.



WHAT'S NEW WITH YOUR PHARMACY BENEFITS?

Depending upon your plan, your pharmacy benefits may be updated many times over the course of the year. To see what's changed, visit **DenverHealthMedicalPlan.org**. Hover over *Current Members*, navigate to your plan's page, then click *Pharmacy* under "Member Resources". There you will find documents that provide any changes in your plan's formulary, such as newly added drugs, newly added generics and more!

Your plan's webpage and formulary documents, called *Formulary & Pharmacy Management* (for Exchange, CO Option or Employer Group plans), *Formulary/Drug List* (for Medicaid Choice and CHP+) or *Formularies* (for Medicare Advantage), provide:

- » A list of covered drugs, along with restrictions and preferences
- » Details on how to use the formulary and pharmaceutical management procedures
- » An explanation of limits or quotas
- » Details on how prescribing practitioners must provide information to support an exception request (non-urgent requests may be processed the next business day)
- » Your plan's process for generic substitution, therapeutic interchange and step-therapy protocols

\$25 REWARD: COMPLETE A HEALTH RISK ASSESSMENT



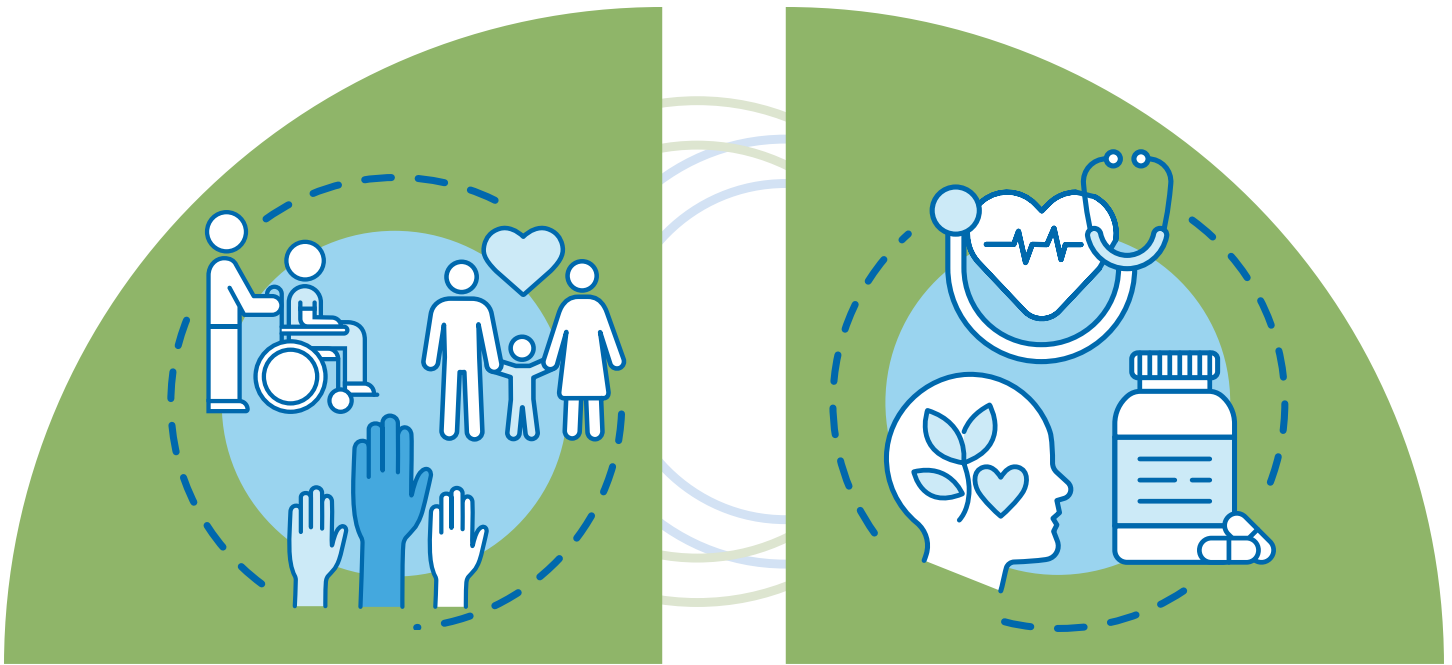
**ELEVATE
MEDICARE ADVANTAGE**
Denver Health Medical Plan Inc..

If you are an Elevate Medicare Choice (HMO D-SNP) member, you will have an opportunity to participate in a Health Risk Assessment (HRA) each year!

We want you to be healthy and feel good. By answering the questions on the HRA, we will identify your health risks and try to lower them. Each year, we will ask you to complete a HRA so we know if there were any changes in your health. This will also help us know if you need more help. Your answers to these questions do not affect your insurance coverage and may be shared with your doctor. We can work with your doctor and health care team to try and improve your health.

We will call you to complete the HRA over the phone, or we may mail you the HRA. You can also call us to complete the HRA at **1-833-292-4893**. TTY users should call 711.

Completion of a health survey will qualify Elevate Medicare Choice (HMO D-SNP) members for the \$25 reward. Upon completion of the survey, the reward will be sent to the mailing address we have on file for use at participating merchants. For more information or questions, call our Care Management Department at **303-602-2184** or visit **DenverHealthMedicalPlan.org**.



Don't Risk

a Gap in Your Health Coverage

Get ready to renew now!

- ☐ Make sure we can reach you! **Update your contact information** and sign up for notifications in the Health First Colorado app and in your PEAK account.
- ☐ **Respond by the date in your letter** - you'll get this in the mail and by email.
- ☐ Don't forget to **sign your renewal packet**.
- ☐ **Turn in documentation** in the way that works for you: Health First Colorado app, mail, online at co.gov/PEAK.
- ☐ Find your County Department of Human Services by scanning the QR code, to reach out for help.



A MESSAGE FROM OUR PHARMACY DEPT.



OPIOID INFORMATION

With most medications, your provider and you weigh the risks versus the benefits to determine the best decision for care. The use of prescription opioids for pain is no different. This class of medication can assist in providing effective pain management that allows a patient to enjoy life without the restrictions of severe pain. But long-term use of opioids can be more harmful than it is helpful due to serious risks and potential complications. Risks and complications include:

- » Addiction, abuse and overdose
- » Sleepiness and dizziness
- » Tolerance (taking more medication for the same pain relief)
- » Constipation, nausea, vomiting and dry mouth
- » Confusion
- » Depression
- » Increased sensitivity to pain
- » Low levels of testosterone
- » Physical dependence (symptoms of withdrawal when medication is stopped)
- » Itching and sweating

There are other options to treat pain that do not involve opioids. Other options that may be covered by your plan include chiropractic care, physical therapy, exercise, cognitive behavioral therapy, Over-The-Counter (OTC) Tylenol (acetaminophen), nonsteroidal anti-inflammatory drugs and serotonin and norepinephrine reuptake inhibitors. Talk to your provider about the right treatment for you. If opioid treatment is the right option for you, the plan does cover naloxone injection and Narcan nasal spray to treat the occurrence of an overdose. Please contact Health Plan Services to find out your cost of copay.

ELEVATE MEDICARE ADVANTAGE MEMBERS – DID YOU KNOW?

- » Physical therapy and cognitive behavioral therapy are available through your medical benefit (prior authorization or referral required).
- » Chiropractic care and acupuncture (for lower back pain) are covered (no referral required).
- » Over-The-Counter (OTC) acetaminophen, nonsteroidal anti-inflammatory drugs, such as ibuprofen, naproxen, and arthritis pain gel are available through your OTC benefit at no charge (up to your maximum quarterly OTC plan benefit). For more information, visit **[DenverHealthMedicalPlan.org/Elevate-Medicare-OTC](https://denverhealthmedicalplan.org/Elevate-Medicare-OTC)**.
- » Serotonin and norepinephrine reuptake inhibitors such as duloxetine and venlafaxine ER are Tier 2 and available with a prescription (some quantity limits may apply).
- » An annual membership to Denver Parks and Recreation is available at no cost to you. For more information, visit **[DenverHealthMedicalPlan.org/Denver-Parks-And-Recreation-Membership](https://denverhealthmedicalplan.org/Denver-Parks-And-Recreation-Membership)**.
- » Naloxone injection (Tier 2) and Narcan nasal spray (Tier 3) are available without a prescription at participating pharmacies. To find a participating pharmacy, visit **[StopTheClockColorado.org](https://stoptheclockcolorado.org)** or ask your pharmacist.

IMPORTANT PLAN INFORMATION



QUALITY IMPROVEMENT PROGRAM

Making sure our members get good care and help is the mission of Denver Health Medical Plan, Inc. (DHMP). To help in that effort, we have a Quality Improvement (QI) Program. The goal of the QI Program is to review how well we have done as your health plan, to compare this work to our goals and to learn how we can do better. Each year, we look at data on how we handle members' care, and then measure our work and progress against benchmarks used by the whole country.

The goal of our QI Program is to make sure you have:

- » The right to get good care
- » Programs that meet your needs
- » Help with lifelong sicknesses you have
- » Support when you need extra help, such as after a hospital stay
- » Care from high-quality doctors

You can find results for our QI Program on the DHMP website:

[DenverHealthMedicalPlan.org/Quality-Improvement-Program](https://denverhealthmedicalplan.org/Quality-Improvement-Program)

BENEFIT MAXIMUMS

If you are using benefits such as outpatient therapy visits, durable medical equipment or chiropractic and are close to reaching your benefit maximum, contact Health Plan Services at **303-602-2100** to speak to a representative about any options you may have.

TRANSITION OF CARE

If you or your dependent is seeing a pediatrician and are ready to change to a General or Family practitioner, there are three ways to get help:

- » Call the Denver Health Appointment Center at **303-436-4949** to get help finding a new provider and making your first appointment
- » Use the online Provider Directory at **[DenverHealthMedicalPlan.org](https://denverhealthmedicalplan.org)**
- » Ask your provider for help with the transition





GET FREE HELP FAST

Denver Health is here to help you with more than your medical care.

We've partnered with findhelp, a free online community resource for health- and wellness-related social needs.

Get help finding free or reduced-cost:

- Housing
- Food
- Jobs
- Transportation
- and more

Visit DenverHealth.findhelp.com – available to Denver health patients, staff and the community. Help is accessible in more than 100 languages.

You can also scan the QR to create an account and see the resources in your area.





**DENVER HEALTH
MEDICAL PLAN** INC.™

777 Bannock St., MC 6000
Denver, CO 80204

LARGE PRINT OR OTHER LANGUAGES:

If you have questions about this notice, we can help you for free.

We can also give it to you in other formats like large print, audio or in other languages. Please call 303-602-2116, toll free 1-855-281-2418, or 711 for callers with speech or hearing needs.

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SCAN ME



A MESSAGE FROM OUR CEO

Being that May is Mental Health Awareness Month, I want to bring attention to **Elevate Mind** – a new mental health benefit available to our Exchange, Colorado Option, Medicare Advantage, and DHHA members within Denver Health Medical Plan (DHMP).

I encourage eligible members to utilize this benefit as needed. Elevate Mind is an easy, fast way to get the mental health care you need, when you need it, via phone or video. You can schedule an appointment with a licensed therapist or psychologist 24 hours a day, 7 days a week. Visit **ElevateMind.org**, download the Elevate Mind mobile app or scan the QR code above.

GREG MCCARTHY

Chief Executive Officer and Executive Director
Denver Health Medical Plan, Inc.

