

STRONG **body**
mind



MEMBER NEWSLETTER
// **SPRING 2026**



DENVER HEALTH
MEDICAL PLAN INC.

A Non-Impact Path to Health: **YOGA**

Starting yoga might sound scary if you're new to this activity. The poses may seem tough, and if you're less "bendy," you may find it hard to believe you could ever twist your body in this way. But if you're able to push past this early fear and start practicing yoga, the payoff is well worth it. Find out the many mental and physical benefits of yoga, from stress reduction and weight loss to pain reduction and chronic disease management.

YOGA AND STRESS

Yoga poses and breathing skills can help you react better to stress. When you feel worried and nervous, your body reacts by tensing your muscles. Your heart rate goes up and your breathing pattern changes. Over time, if your stress levels stay high, your stress hormones will raise both blood sugar levels and blood pressure. Yoga works to change the way your body reacts to stress. It's been shown to help with mood, sleep and total well-being.

YOGA AND WEIGHT LOSS

The best yoga classes for losing weight are Vigorous Power, Vinyasa and Ashtanga. In these classes, you change quickly between poses, which keeps your heart rate up. If

you're less able to move around or are new to yoga, there's still good news. Doing yoga poses at a slower pace while using the breathing techniques is still very good for you! It helps you tune into your body, so you can recognize bad habits, such as emotional or mindless eating. Correcting these habits can also lead to weight loss.

YOGA AND PAIN

By helping you relax into poses and focus your breathing, yoga has been shown to decrease pain. It calms both your muscles and your mind, helping your body turn off pain and start fixing itself. Even if you have chronic pain, doing yoga can help you feel better now and in the long run. Safety note: Be sure to move from one pose to the next slowly. Changing between poses too quickly can lead to injury and more pain.

YOGA AND DIABETES

If you have diabetes, yoga can help you control your blood sugar level. It can also help with pain and numbness caused by nerve injuries due to diabetes. Studies show that people with type 2 diabetes who did yoga for 40 minutes a day had lower fasting blood sugar levels. And people in the same study had less numbness from nerve injuries. Another benefit the study found was improved breathing, shown by a 10% increase in lung size.

GETTING STARTED

You can start yoga at home or in a class setting. But make sure to start slowly. And



stop right away if you feel pain or dizziness. Whether you focus on the breathing techniques or choose to do the physical movements as well, yoga will help make you healthier.

DO-IT-YOURSELF YOGA BASICS

The key thing to keep in mind when starting yoga is that you should listen to your body and do what feels good to you. Here are a few steps to get started:

- » Learn yoga breathing. The basic yoga breath is to breathe in and out through your nose slowly. You should feel the breath expand in your belly each time. It's common for beginners to find that they forget to breathe when they do yoga poses, so make sure you practice!
- » Try out basic poses. Seated twist: Sit with your legs out in front of you. Cross your left leg over your right, putting your left foot flat on the floor close to your right knee. Wrap your right arm around the left knee and gently pull your knee toward your chest. Try to sit up straight.

Breathe in and twist, looking over your left shoulder to the back wall. Hold for five breaths. Switch legs and repeat on the other side. Cat pose: Get on your hands and knees. Breathe out and tuck your tail bone, rounding your back up. Let your head drop down. Press down into your hands. Breathe in and out for five breaths. Release your spine to the starting position.

- » End in a relaxation pose. Rest on your back and relax all the muscles in your body for five to 15 minutes.

Yoga poses may feel weird at first, but this feeling will pass, and you'll start to feel the positive changes in your body.

Sources:

www.denverhealthmedicalplan.org/blog/yoga-non-impact-path-health

www.yogabasics.com/practice/how-to-start-a-yoga-practice/

www.darenbanarse.com/somatic-yoga/#Health-Benefits-of-Yoga-Explained

Health Plan Services Phone Numbers (TTY 711):

DHHA / CHP+ Members: 303-602-2100

Exchange/COOP Members: 303-602-2090

Medicaid Choice Members: 303-602-2116

Medicare Members: 303-602-2111

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

NURSELINE ADVICE: PREVENTING SPRING INJURIES

Spring is a welcome change after winter, bringing warmer weather and more opportunities to enjoy outdoor activities. However, a sudden increase in physical activity can also lead to a rise in common springtime injuries. Understanding these risks—and knowing how to prevent them—can help you stay healthy, active and injury-free throughout the season.

Some of the most common spring injuries include muscle strains and sprains, falls, gardening-related injuries, and sports or recreational injuries. After a less active winter, muscles and joints may be deconditioned, making them more vulnerable when activity levels increase too quickly. Yard work, such as lifting heavy bags, raking or repetitive bending, can lead to back, shoulder or knee strain. Outdoor activities like biking, hiking and recreational sports can also result in injuries if proper preparation and safety measures aren't taken.

Prevention starts with easing back into activity. Begin slowly and gradually increase intensity or duration. Take time to stretch and warm up before exercise or yard work and wear supportive footwear appropriate for the activity. When gardening or lifting, use proper body mechanics—bend at the knees, keep objects close to your body and avoid twisting motions. Staying hydrated, pacing yourself and taking regular breaks can also help prevent fatigue.

For minor injuries, such as mild strains, muscle soreness or small cuts and scrapes, basic first aid and home care may be all that's needed. Rest, Ice, Compression and Elevation (RICE) can help reduce pain and swelling. It's important to watch for warning signs that require medical attention, including severe pain, swelling that worsens, numbness or tingling, inability to move a limb or signs of infection, such as redness or warmth.

If you're unsure what to do, the NurseLine is available to help. They can assess symptoms, provide self-care guidance and help you decide next steps. Call anytime to get the right care at the right time so you can get back to enjoying spring safely.

*Written by: Mary E. Maltby, RN, BSN
RN Manager, Denver Health NurseLine*

Sources:
MedlinePlus (U.S. National Library of Medicine). Sprains and Strains: medlineplus.gov/sprainsandstrains.html
Cleveland Clinic. RICE Method for Injury: Rest, Ice, Compression, Elevation: my.clevelandclinic.org/health/treatments/rice-method
Johns Hopkins Medicine. Preventing Sports Injuries: www.hopkinsmedicine.org/health/conditions-and-diseases/sports-injuries/preventing-sports-injuries

**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.**



Black Bean and Avocado Burrito with Pineapple Salsa

INGREDIENTS

- 1 – pineapple (peeled, cored and cut into small pieces)
- ½ – red onion (thinly sliced)
- 1½ – red, green, yellow or orange bell peppers (stemmed and sliced)
- 1 – jalapeño (seeded and sliced)
- 1½ tsp. – fresh cilantro leaves (chopped)
- ¼ cup – freshly squeezed lime juice
- ½ tsp. – packed brown sugar
- ½ tsp. – salt
- 1 tbs. – olive oil
- 15 oz. can – black beans (drained and rinsed)
- 4 – 10" whole wheat tortillas
- ½ cup – grated or shredded cheese (your choice)
- 1 – avocado (pitted, peeled and sliced)
- Salt to taste



DIRECTIONS

In a food processor or blender, combine the pineapple, onion, bell peppers, jalapeno and cilantro. Blend until chunky; then transfer to a bowl. In a small bowl, whisk together the lime juice, brown sugar and salt. Drizzle the lime juice mixture over the salsa and stir to combine. In a small saucepan over moderate heat, warm the olive oil. Add the beans and cook, mashing gently with a wooden spoon until heated through (~ 3 minutes). Season with salt to taste. Warm the tortillas in the microwave or oven. Fill each tortilla evenly with the beans, cheese and slices of avocado, then fold and roll into a burrito.

SAME-DAY CARE OPTIONS

If you need care today and can't get in to see your Primary Care Provider, we have options for you...

THE NURSELINE IS HERE TO HELP YOU.



Call **303-739-1261** and speak to a Denver Health nurse about your health concerns at **no cost to you**. Sometimes they can even call in a prescription for you. NurseLine nurses can help you decide the best plan to get the care you need, which may include any of the options below.

DISPATCHHEALTH WILL COME TO YOU.



DispatchHealth is our on-demand health care provider in Colorado that can treat a range of injuries and illnesses in the comfort and convenience of your home (available 7 a.m. to 10 p.m., 365 days a year). Visit **DispatchHealth.com**, download the free app or call **720-487-9530**. Refer to your plan coverage for cost sharing details.

VISIT AN URGENT CARE CENTER.



Denver Health offers multiple urgent care centers across the Denver area. In addition, Denver Health offers virtual urgent care for adults through MyChart. For more information, locations and hours, please visit **DenverHealth.org/Urgent-Care**. Refer to your plan coverage for cost sharing details.

Note: You can visit any urgent care center that is convenient for you. Your DHMP plan will cover you at any urgent care center, anywhere in the U.S. Refer to your plan coverage for cost sharing details.

EMERGENCY ROOM.



You can access 24/7 emergency care for both children and adults on the Denver Health Main Campus at 777 Bannock St. The Denver Health Pediatric Emergency Department is designed just for kids and is completely separate from the Adult Emergency Department. For more information, please visit **DenverHealth.org/Services/Emergency-Medicine**. Refer to your plan coverage for cost sharing details.

Note: If you need emergency care, go to the nearest hospital or call 9-1-1. Your DHMP plan will cover you at any emergency room, anywhere in the U.S. Refer to your plan coverage for cost sharing details.

WHAT'S NEW WITH YOUR PHARMACY BENEFITS?

Depending upon your plan, your pharmacy benefits may be updated over the course of the year. To see what's changed, visit [DenverHealthMedicalPlan.org](https://denverhealthmedicalplan.org). Hover over *Members*. Navigate to your plan's page. Click *Pharmacy* under "Member Materials." There you will find documents that provide any changes in your plan's formulary. These include 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 *Drug List* (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

DOWNLOAD OUR 'MYDHMP' MEMBER PORTAL MOBILE APP!

Have you registered for our 'MyDHMP' member portal? If not, do so now and download the mobile app on your tablet or smartphone! It's your one-stop resource for managing your health insurance anytime, anywhere. With the app, you will be able to access important plan info. You can view member materials, including ID Cards and claims, check your explanation of benefits, and more.

Visit [DenverHealthMedicalPlan.org](https://denverhealthmedicalplan.org) and click on '**MyDHMP Portal**' in the upper right corner or download the 'MyDHMP' mobile app for iPhone and Android devices!





COMING IN 2026



DENVER HEALTH SOUTHEAST MEDICAL CENTER

A NEW MEDICAL HOME FOR LIFELONG WELLNESS

The Denver Health Southeast Medical Center will bring care you can trust to Southeast Denver, with a medical team comprised of primary and specialty care providers, plus pharmacy, lab and xray all on site, serving adults of all ages with a focus on healthy aging.

Let our team help you be at your best for the best years of your life's journey!

Located just minutes from I-25 and Evans at the corner of Evans Avenue and Monaco Street:

**6360 E Evans Ave,
Denver, CO 80222**



SCAN THE QR
TO LEARN MORE.

DenverHealth.org/SEMedicalCenter

SERVICES INCLUDE:

- Adult Primary Care
- Cardiology
- Dermatology
- Endocrinology
- Gastroenterology
- Gynecology
- Integrated Behavioral Health
- Lab
- Neurology
- Pharmacy
- Physical Therapy
- Podiatry
- Pulmonology
- Radiology
- Rheumatology
- Urology

MYCHART VIRTUAL VISITS AND TEST RESULTS

Skip the waiting room – try a virtual visit!

Did you know our plans cover virtual visits at no extra cost? Now you can see your provider from the comfort of home. No travel, no waiting rooms, and no missed appointments. Stay safe and comfortable while getting the care you need, wherever you are.

Here's how it works:

- » Use your phone, tablet, or computer to meet with your doctor.
- » Call your clinic to request a virtual visit, or schedule directly through your MyChart account at [DenverHealth.org/MyChart](https://denverhealth.org/MyChart).
- » For step-by-step instructions for scheduling and using virtual visits through MyChart, visit dhmp.info/mychart.



Get your test results faster with MyChart.

Waiting for a phone call about your test results? Skip the wait and get them as soon as they're ready by using MyChart.

With MyChart, you can:

- » View lab and imaging results as soon as they're available.
- » Receive instant notification instead of waiting for a call.
- » Review results securely on your phone or computer.
- » For step-by-step instructions on how to find your test results in MyChart, visit dhmp.info/mychart.



IMPORTANT PLAN INFORMATION



UPCOMING CHP+ VISION BENEFIT UPDATES

Changes to Elevate Child Health Plus (CHP+) vision benefits will take effect July 1, 2026. More details will be shared soon. Please watch for updates from your health plan.

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. We will compare this work to our goals. We will learn how we can do better. Each year, we look at data on how we handle members' care. Then, we 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 may have
- » Support when you need extra help, such as after a hospital stay
- » Care from high-quality doctors

You can find information about our QI Program on the DHMP website:

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

MEMBER SURVEYS – WE APPRECIATE YOUR FEEDBACK!

March through June of 2026, you may receive a survey in the mail or by phone about your DHMP health insurance plan. You can help us make DHMP the best health plan for you by providing your thoughts on our plan services and benefits. If there is anything we can do to assist you, please call Health Plan Services at **303-602-2100** for Elevate CHP+ and DHHA members, **303-602-2090** for Elevate Exchange and CO Option members, **303-602-2116** for Elevate Medicaid Choice members and **303-602-2111** for Elevate Medicare Advantage members. TTY users call 711.



IMPORTANT PLAN INFORMATION



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.

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 Kloxxado nasal spray to treat the occurrence of an overdose. Please contact Health Plan Services to find out your cost of copay.





**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. These include 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.

Elevate Medicare Advantage is a Medicare-approved HMO plan. Enrollment in Elevate Medicare Advantage depends on contract renewal. The Plan also has a written agreement with the Colorado Medicaid Program to coordinate your Medicaid benefits.
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A MESSAGE FROM OUR CEO

Hello and happy spring! I want to acknowledge that this is a stressful time for many of us given the challenges of daily life and world events. I encourage you to utilize your insurance plan mental health benefits and resources. You can learn more about mental health benefits and view your plan-specific coverage by visiting [DenverHealthMedicalPlan.org/Members/Importance-Mental-Health](https://www.denverhealthmedicalplan.org/Members/Importance-Mental-Health).

I hope you're able to get outdoors and enjoy the warm weather!

GREG MCCARTHY

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

