

Spring

HEALTH MATTERS

Quarterly Newsletter of Rocky Mountain Rural Health 'Improving Access to Healthcare in Park County' Spring 2016

Health Literacy and Health Insurance: Does My Insurance Cover this Test?

Screening versus Diagnostic

There seems to be a lot of confusion about the difference between a screening medical test and a diagnostic medical test.

An example of a medical **screening** test is a mammogram. If there is not a lump and there is no reason to suspect that there is a lump, then a routine **screening** mammogram is in order. The purpose of the **screening** mammogram is to get a baseline image and is to make sure that there is nothing there!

A **diagnostic** mammogram is used to diagnose a problem you're having. If your doctor performs a clinical breast exam and feels a lump, he/she will send you for a **diagnostic** mammogram. The exam will be targeted to the affected area so as to get a better look at what is going on.

How does this effect my insurance?

Screening tests are used to make sure there is nothing going on and to establish a baseline. If you have a **federally qualified health plan** (See inset), there is no charge to you for this test.

Diagnostic tests are used to determine the stage of illness. A copayment will be charged and you may have to pay toward your deductible for this test.



What is the difference between a Federally Qualified Health Plan and one that is not?

Federally Qualified Health Plan = One section of the Affordable Care Act requires insurance companies to cover certain services. These services include but are not limited to annual exams, screening mammograms, screening colonoscopies, specific types of blood work and vaccinations. A full list of these covered services can be reviewed at www.healthcare.gov. These plans are usually purchased through an employer or from the insurance marketplace - Connect for Health Colorado. By purchasing and keeping one of these plans for the coverage year, the taxpayer will not be penalized by the IRS.

Non-Federally Qualified Health Plan = Is a health plan that still offers coverage but does not meet the guidelines set forth by the Affordable Care Act. These plans can be purchased directly from an insurance carrier or through an insurance agent. By purchasing one of these plans the taxpayer is still subject to the IRS penalty for not having health insurance for the tax year.

BORN IN 1951? YOU'RE TURNING 65 THIS YEAR!

CONGRATULATIONS!

Did you know that if you don't sign up for Medicare at your 65th birthday you may be subject to a penalty?



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Call Rocky Mountain Rural Health...WE CAN HELP!!!

719-836-2169



Mental Health First Aid Training

- ⇒ Do you have any commonly held stigmatizing attitudes or beliefs about mental illness?
- ⇒ What would you do if you encountered an individual who appeared to be experiencing a mental health issue?

Mental Health First Aid is a national program and Colorado state initiative which challenges the widely held myths associated with mental health. The program provides individuals with evidence based training that aids in normalizing the conversation about mental health. Mental Health First Aid provides lay people with the basic knowledge and skills to recognize the signs and symptoms of mental distress, enabling a trainee to assist a distressed person until professional help is available. Students learn actions that enable them to become a lifeline for individuals with mental health issues by following a specific action plan and connecting people with helpful resources. Public understanding and engagement are paramount to providing support and understanding to individuals with mental health issues

For more information on either the Youth or Adult Mental Health First Aid training being offered in Park County, please contact Pat-Lucy at plucy@parkco.us or at 303-816-5915.

Upcoming Park County Mental Health Alliance Meetings

~Public Invited~

- * April 20th, 1:00 pm, Fairplay at the Fair Barn
- * May 18th, 1:00 pm, Guffey at the Community Center
- * June 15th, 1:00 pm, Hartsel at the Community Center

Additional Resources

SUICIDE PREVENTION HOTLINE

1-800-273-TALK (8255)

**Facing a Mental Health crisis?
Call toll-free 1-844-493-TALK (8255).
Trained professionals and Peer Specialists are available to help 24/7.**

Park County's Newest Community Health Workers

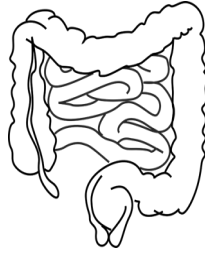
Rocky Mountain Rural Health congratulates two of its own for successfully completing the Community Health Worker certification course through Texas A&M Health Science Center. Barbie McBee and Julie Johnson worked diligently throughout the intensive 24 week course and both graduated at the top of their class. They always kept the goal of better serving the residents of Park County in view and Rocky Mountain Rural Health is pleased to be able to use their expertise to benefit our medically underserved community.



So what exactly does a Community Health Worker do? Community Health Workers (CHW) fulfill a wide range of services based on assisting individuals and communities toward better health. This may include conducting outreach events, providing information on available resources, performing blood pressure screenings and navigating individuals through the healthcare system.

McBee and Johnson conduct weekly outreach events at various venues throughout Park County. They bring a wealth of information on healthcare and related topics and specialize in helping people connect with the services they need. Please check our website, www.rmrh.org, for their itinerary. They will be coming to a location near you! All events are weather and road conditions permitting.

Colorectal Cancer: GET TESTED!



Here's why...

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. Colorectal cancer affects all racial and ethnic groups and is most often found in people ages 50 and older.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There are often no signs or symptoms of colorectal cancer – that's why it's so important to get screened.

People over age 50 have the highest risk of colorectal cancer. You may also be at higher risk if you are African American, smoke, or have a family history of colorectal cancer.

The three recommended colorectal cancer **screening tests** are:

*High-sensitivity stool tests, including the fecal immunochemical test (FIT);

*The seldom done flexible sigmoidoscopy;

*And the most frequent test - colonoscopy

Talk to your primary care provider about which testing method is best for you.

ROCKY MOUNTAIN RURAL HEALTH has been involved in promoting the Colorado Organ/Tissue Donor Registry for the past 18 years through our Llama Rama event. This is the longest running donor awareness event in Colorado.



2015 LLAMA RAMA THEME WAS MARDI GRAS

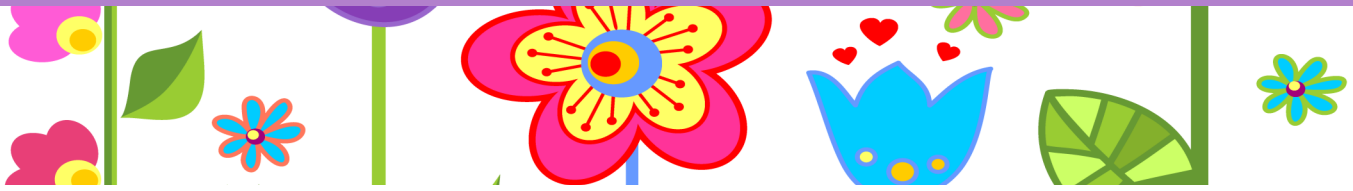
Donate Life Colorado

Colorado is in the top 5 states for people signing up on the donor registry at 67% of those with driver's licenses. You can sign up at any drivers license bureau or by going online at www.donatelifecolorado.org. Here are some important facts about organ and tissue donation.



- Nationwide more than 150,000 people are awaiting a lifesaving organ transplant.
- Nearly 7,000 people die each year in the United States due to the lack of organs to transplant.
- 2,000 people in Colorado are waiting for an organ transplant.
- A living donor can also save lives by donating a kidney or a part of the liver, intestines, lung or pancreas.

For more information, go to www.donoralliance.org or www.donatelifecolorado.org



Rocky Mountain Rural Health is dedicated to improving access to healthcare in Park County. People in our medically underserved communities face many barriers to accessing healthcare. RMRH offers assistance to overcome these challenges through a variety of programs. Please consider making a donation to help us help others. THANK YOU VERY MUCH!

Please use my contribution for the following:

- TRANSPORTATION— help someone housebound get to the doctor \$ _____
- BREAST CANCER—help a wife, mother, sister, friend with diagnosis and/or treatment \$ _____
- EMERGENCY ASSISTANCE—help a family going through a medical crisis \$ _____
- GENERAL OPERATIONS—help us to serve Park County residents \$ _____

Your Name and Address: _____

Mail your check to:
ROCKY MOUNTAIN RURAL HEALTH

Want to receive our newsletter by email? Send your email address to info@rmrh.org. PO BOX 1600, FAIRPLAY, CO 80440

ROCKY MOUNTAIN RURAL HEALTH is a 501(c)3 nonprofit organization. Your donation is tax deductible to the full amount allowed by law. If you designate a particular fund for your contribution, 100% of the donation goes to that fund.