



**ROCKY MOUNTAIN**  
**HEALTH PLANS®**

We understand Colorado. We understand you.

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***NEWS RELEASE***

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**Rocky Mountain Health Plans Announces 2010 Medicare Premiums**

*Competitive New \$0 Premium Medical Plan Introduced*

(DENVER, Colo.) - Today, not-for-profit Rocky Mountain Health Plans is introducing a new Medicare **Zero Premium** Medical Plan in the Denver/Boulder Metro area and across the state which includes a free annual physical, free Medicare covered preventive care, and low office visit copayments to see primary care doctors and specialists.

The new **Green Plan** also offers a worldwide travel benefit and a low \$500 deductible on all other Medicare-approved services that are received from Rocky Mountain Health Plans providers. Members who want to add Part D prescription drug coverage to the Green Plan will pay just \$31.60 per month.

“We know that today’s seniors want choices, affordability, and stability,” says Steve ErkenBrack, president and CEO, Rocky Mountain Health Plans. “That’s why we are excited to offer our new Green Plan in addition to our three most popular health plans. We want to give our Members a broad spectrum of coverage and premium options. And with Rocky Mountain Health Plans, they also get peace of mind by knowing they are with an organization that has a 35-year history of service to Medicare beneficiaries in Colorado.” Outside the Denver Metro area, Rocky Mountain is also offering its Members a choice of four plan designs, including the new Green Plan.

(more)

Rocky Mountain Denver Metro Medicare Premiums  
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Other 2010 plan offerings in the Denver Metro area from Rocky Mountain Health Plans include the **Thrifty Plan** with a combined medical and prescription drug coverage premium of \$52.70 per month; the **Standard Plan** with a combined premium of \$118.20 per month; and the **Gold Plan** with a combined premium of \$250.30 per month.

“At a time when the economy is pressuring consumers’ budgets, Rocky Mountain Health Plans is introducing a zero premium plan and announcing stable 2010 premiums with increases of only two percent on other plans,” says ErkenBrack. “We’re pleased to be able to do this for our Members.”

Moreover, the cuts that Congress is considering in its health care reform legislation do not affect the Rocky Mountain Health Plans Medicare plans. Plans affected are Medicare Advantage plans. Rocky Mountain Health Plans provides Medicare plans under a Cost Contract.

The Rocky Medicare plans continue to provide excellent value for the dollar compared to other Medicare offerings, such as:

- No referrals needed for specialist care
- Free preventive care such as an annual physical, vaccinations, and screenings
- Extras such as an enhanced dental option, vision and hearing discount plans and discounted complementary care, including visits to chiropractors, acupuncturists, massage therapists, dieticians, and some fitness programs.

Changes to Rocky Mountain Premiums for 2010 Benefit Year:

**Denver Metro Premium Changes**

	2009		2009	2010		2010	Percent Change
	Medical	Drug	Total	Medical	Drug	Total	
Green				\$0	\$31.60	\$31.60	New
Thrifty	\$14	38.50	\$52.50	\$14	\$38.70	\$52.70	N/A
Standard	\$64.00	52.40	\$116.40	\$64.00	\$54.20	\$118.20	2%
Gold	\$172.00	72.80	\$244.80	\$156.00	\$94.30	\$250.30	2%

For more information, call Rocky Mountain Health Plans Medicare Sales at 888-251-1330 for an enrollment application or to speak to a plan representative. (TTY for the hearing impaired 800-704-6370).

Rocky Mountain Denver Metro Medicare Premiums  
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### **About Rocky Mountain Health Plans**

At Rocky Mountain Health Plans, we understand and care for the people of Colorado. Founded in 1974, we are a not-for-profit, Colorado-based organization that provides medical benefit plans and services to more than 160,000 enrollees. We offer a wide range of options including PPO, HMO, and Health Savings Account-eligible plans. Medical plans can be fully-insured, fully-insured with cost sharing options, or self-funded.

Rocky Mountain has been named a **Gold** Well Workplace by the Wellness Councils of America and has a thirty-six year history of serving businesses, individuals, families, Medicare and Medicaid-eligible persons, and children who receive care under the Child Health Plan *Plus* program. For more information, contact Rocky Mountain Health Plans at 800-843-0719 or visit [www.rmhp.org](http://www.rmhp.org).

### **Editor's Note:**

Medicare Consumers interested in attending a Rocky Mountain Health Plans Medicare Town Hall Meeting are welcome. Consumers can get the answers they need and speak to a plan representative in person. We can help them answer their questions and find the right plan to meet their needs. The upcoming Town Halls in Denver/Boulder are:

Wednesday, December 2, 2009  
Longmont Clinic  
1925 W. Mountain View Avenue  
Longmont, CO 80501  
9 a.m. — 11 a.m.

Thursday, December 3, 2009  
Boulder Senior Center  
5660 Sioux Drive  
Boulder, CO 80303  
1 p.m. — 3 p.m.

Tuesday, December 8, 2009  
Schlessman's YMCA  
3901 E. Yale Avenue  
Denver, CO 80210  
2 p.m. — 4 p.m.

Wednesday, December 9, 2009  
Wheat Ridge Recreation Center  
4005 Kipling Street  
Wheat Ridge, CO 80033  
10 a.m. — 12 Noon

Space is limited; call 800-273-1730 to R.S.V.P, or to arrange accommodations for persons with special needs. Hearing Impaired call 800-704-6370, 8 a.m. – 5 p.m. Monday through Friday.