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Dear Valued Broker,

Introducing New Wellness Tools & Resources from Rocky Mountain Health Plans

Rocky Mountain Health Plans (RMHP) is pleased to introduce new wellness tools and resources to our Commercial Members, effective January 1, 2019. We invite you to review the below information to learn more about these new offerings.

Connect with a Doctor with Doctor On Demand®

Commercial Members can connect in minutes with board-certified doctors over live video, using a phone, tablet, or computer, 24/7. Doctor On Demand can be used to treat the following symptoms and more:

- Cold and Flu
- UTI
- Skin and Eye issues
- Depression and Anxiety
- Allergies

Doctor on Demand is offered to RMHP Commercial Individual or Employer Group

Members on both non-HSA and HSA-eligible plans. For Members enrolled on a non-HSA eligible plan, visits are free. Members enrolled on an HSA-eligible plan will be responsible for the visit cost until their deductible is met.

Learn more about Doctor on Demand at doctorondemand.com/rmhp.

Rally® for Better Health

Commercial Members can now use Rally, a wellness website and mobile app, to improve their health and earn rewards along the way! With Rally, Members complete a personal health survey, then get rewarded for completing recommended missions and challenges.

Rally is offered to RMHP Commercial Individual or Employer Group Members at no charge. RMHP's small employer wellness program, WorkWell, and large employer wellness programs are now supported by Rally.

Members can register for Rally through MyRMHP, the secure Member portal.

Learn more about [Rally](#) and [Workwell](#).

Achieve Real Results with Real Appeal®

RMHP Members can learn simple steps to help meet weight loss goals with Real Appeal, a digital weight loss program customized to what works for each individual - at no additional cost. Eligible Members can access professional weight loss coaching from a Transformation Coach and will receive a Success Kit containing step-by-step guides, workout DVDs, healthy kitchen cooking tools, and more.

Real Appeal is offered to RMHP Commercial Employer Group Members only at no additional cost. Members are subject to eligibility requirements.

Learn more about [Real Appeal](#).

We're here to help

If you have questions about these changes, please contact the RMHP Group Management Team at group_management_team@rmhp.org.

As always, thank you for your valued partnership.

**Grand Junction**

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