



Plans underwritten by Rocky Mountain HMO (RMHMO)

Individual Health Care Plan Disenrollment Form

*By submitting this disenrollment form, all covered family members will be disenrolled from the health plan.
To retain coverage for a covered family member, please use the RMHP Individual Change Form.*

Last Name:	First Name:	MI:	Date of Birth: / /	Member ID:
				SSN:
Address:	City:		State:	Zip:

Requested termination date: _____

RMHP must receive this form at least 14 days prior to the requested termination date. Retroactive terminations are not permitted.

Please terminate coverage for myself and any covered family members from the following plan(s):

- All plans **OR** Medical Plan*
 Dental Plan (if applicable) Vision Plan (if applicable)

**If disenrolling from Medical Plan, Dental and/or Vision coverage will also be terminated.*

Please terminate my coverage for the following reason:

- | | |
|--|--|
| <input type="checkbox"/> Unsatisfactory benefits (BN) | <input type="checkbox"/> Death — requires a copy of the death certificate (DE) |
| <input type="checkbox"/> Rates too high (VR) | <input type="checkbox"/> Quality of care (QT) |
| <input type="checkbox"/> Unsatisfactory benefits/rates too high (BR) | <input type="checkbox"/> PCP does not participate (PN) |
| <input type="checkbox"/> Unable to afford coverage (AC) | <input type="checkbox"/> Provider access (PA) |
| <input type="checkbox"/> Limited payment options (PO) | |
| <input type="checkbox"/> Moving from plan service area (MT) | |
| <input type="checkbox"/> Service unsatisfactory (SN) | |

If you have obtained new coverage, please complete the following section:

- | | |
|--|--|
| <input type="checkbox"/> Changing to spouse's coverage
<input type="checkbox"/> Individual coverage (SI) <input type="checkbox"/> Group coverage (SG) | <input type="checkbox"/> New carrier
<input type="checkbox"/> Anthem BC/BS (OA)
<input type="checkbox"/> Bright Health (BH)
<input type="checkbox"/> Cigna (OC)
<input type="checkbox"/> Kaiser Permanente (KP)
<input type="checkbox"/> Rocky Mountain Health Plans (OR)
<input type="checkbox"/> United Healthcare (OU)
<input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Changing to other coverage
<input type="checkbox"/> Individual coverage (IC) <input type="checkbox"/> Group coverage (IG) <input type="checkbox"/> Medicare (MC) | |

I agree that the above information is true, and I authorize Rocky Mountain Health Plans to make the above change.

Subscriber Signature: _____ Date Signed: _____

Mail this form to:
 Membership Enrollment
 Rocky Mountain Health Plans
 PO Box 10600
 Grand Junction, CO 81502-5600

Email to: commercialenrollment@rmhp.org

Fax to: 970-263-5507

English

There is important information about your coverage or application with Rocky Mountain Health Plans (RMHP) in this notice. Review it carefully. Look for actions you may need to take and deadlines. You have the right to get information in your language at no cost. Call 800-346-4643 for assistance.

Spanish

Hay información importante sobre su cobertura o solicitud de Rocky Mountain Health Plans (RMHP) en este aviso. Revíselo meticolosamente. Tome las acciones necesarias y considere las fechas de vigencia. Usted tiene el derecho a obtener esta información en su idioma sin ningún cargo. Llame al 800-346-4643 para obtener asistencia.

Arabic

في هذه المذكرة هناك معلومات هامة بخصوص التغطية الخاصة بك أو التطبيق الخاص بك مع الخطط الصحية لروكي ماونتن (RMHP). عليك مراجعتها بعناية. وقم بالتصرف الذي قد يكون عليك القيام به ومدد المهلة المطلوبة لذلك. إن من حقه الحصول على المعلومات بلغتك بدون مقابل. ويكون عليك الاتصال على الرقم 800-346-4643 للمساعدة.

German

Es gibt wichtige Informationen über Ihre Absicherung oder Anwendung bei Rocky Mountain Health Plans (RMHP) in dieser Mitteilung. Sehen Sie diese sorgfältig durch. Schauen Sie, ob sie Maßnahmen ergreifen oder Termine einhalten müssen. Sie haben das Recht, kostenlos Informationen in Ihrer Sprache zu erhalten. Rufen Sie 800-346-4643 an, wenn Sie Hilfe benötigen.

French

Cette notice comprend des informations importantes sur votre assurance ou votre demande aux régimes de Rocky Mountain Health Plans (RMHP). Veuillez l'examiner attentivement. Voyez quelles actions que vous devez prendre et leurs échéances. Vous avez le droit d'obtenir gratuitement des renseignements dans votre langue. Appelez le 800-346-4643 pour obtenir de l'aide.

Japanese

この通知にはロッキー・マウンテン・ヘルス・プラン (RMHP) の補償範囲と申請に関する重要な情報が掲載されていますので、よくお読みください。行う必要のある手続きおよび締め切り日にご注意ください。お客様には、関連情報を無料で母国語で受け取る権利があります。800-346-4643 までご連絡いただきサポートをご依頼ください。

Korean

이 안내문은 로키 마운틴 의료 보험 (Rocky Mountain Health Plans (RMHP))의 보험 적용 범위 또는 신청서에 대한 중요한 정보를 포함하고 있습니다. 신중하게 검토하시기 바랍니다. 취해야 할 조치와 마감기일에 유의하세요. 고객님의 언어로 된 정보를 무료로 받으실 수 있습니다. 서비스 관련 문의는 800-346-4643 로 전화주시기 바랍니다.

Nepali

यो सूचनामा तपाईंको बीमाकृत राशि वा रकी माउन्टेन हेल्थ प्लान्स (RMHP) लाई तपाईंले पेश गर्नुभएको आवेदनका बारेमा महत्त्वपूर्ण जानकारीहरू छन्। यसलाई ध्यानपूर्वक हेर्नुहोस्। तपाईंले चालन आवश्यक हुन सक्ने कदमहरू र समय सीमाबारे थाहा पाउनुहोस्। तपाईंसँग आफ्नो भाषामा निःशुल्क रूपमा जानकारीहरू प्राप्त गर्ने अधिकार छ। सहायताका लागि 800-346-4643 मा फोन गर्नुहोस्।

Persian

در این یادداشت اطلاعات مهمی راجع به درخواست یا پوشش مد نظر شما از سوی Rocky Mountain Health Plans (RMHP) ارائه می شود. با دقت آنرا مطالعه فرمایید. به اقداماتی که باید انجام دهید و مهلت مقرر آنها توجه نمایید. شما حق دارید اطلاعات را به زبان خودتان بدون پرداخت هزینه ای دریافت کنید. برای درخواست کمک به شماره 800-346-4643 زنگ بزنید.

Russian

В данном уведомлении содержится важная информация касательно Вашего страхового покрытия или заявления в организацию Rocky Mountain Health Plans (RMHP). Просим Вас внимательно его изучить. Вам необходимо наметить порядок действий и сроки. У Вас есть право на бесплатное получение информации на родном языке. За помощью обращайтесь по номеру телефона 800-346-4643.

Simplified Chinese

本通知中包含有关落矶山健康计划 (RMHP) 范围和应用的的重要信息。请仔细阅读。寻找您可能需要采取的措施和最终期限。您有权免费获得以自己的语言提供的信息。请致电 800-346-4643 寻求帮助。

Vietnamese

Trong thông báo này có thông tin quan trọng về phạm vi bảo hiểm hoặc đơn xin của quý vị với Chương Trình Chăm Sóc Sức Khỏe Rocky Mountain Health Plans (RMHP). Vui lòng xem kỹ thông báo này. Hãy tìm các hành động quý vị cần thực hiện và hạn chót của các hành động đó. Quý vị có quyền nhận thông tin bằng ngôn ngữ của quý vị mà không bị tính phí. Hãy gọi 800-346-4643 để được hỗ trợ.

Yoruba

Ìfítónílétí pàtàkì wà nípa ìdarapọ̀ rẹ̀ àbí ibèèrè rẹ̀ pèlù Àwọn Èto Ìlera Rocky Mountain [RMHP] nínú àfíyèsí yí. Fí pèlèpèlè gbé e yèwò. Wò àwọn igbésẹ̀ tí o lè gbé àti àwọn àkókó tí ó dópín. O ní ètò láti gbà ìfítónílétí yí ní èdè rẹ̀ l'òfẹ́. Pè 800-346-4643 fún ìrànlọ́wọ̀.

Ibo/Igbo

Enwere ozi dị mkpa gbasara mkpuchi ma ọ bụ akwụkwọ anamachoihe gị na Rocky Mountain Health Plans (RMHP) n'okwa a. Gugharja ya nke ọma. Chọọ ihe ndị i ga-eme yana nduzi. I nwere ikike inweta ozi n'asụsụ gị na akwụghị ụgwọ ọ bụla. Kpọọ 800-346-4643 maka enyemaka.

Tagalog

May mahalagang impormasyon tungkol sa iyong coverage o aplikasyon sa Rocky Mountain Health Plans (RMHP) sa paalalang ito. Suriin ito nang mabuti. Alamin ang mga pagkilos na maaaring kailangan mong gawin at hanggang kailan mo dapat maisagawa ang mga iyon. May karapatan kang humiling ng impormasyon sa iyong wika nang libre. Tumawag sa 800-346-4643 para sa tulong.

Amharic

በዚህ ግንኙነት ላይ Rocky Mountain Health Plans (RMHP) ስለሚሰጥዎት ሽፋን ወይም ማመልከቻዎን በተመለከተ ጠቃሚ መረጃ አይገኝልም። በጥንቃቄ ይገምግሙት። መውሰድ ሊኖርብዎት ስለሚችሉ እርምጃዎችና የግዜ ገደብ ላይ ያተኮሩ። ያለምንም ከፍተኛ በጽንጽ መረጃ የማግኘት መብት አለዎት። እርዳታ ለማግኘት በ 800-346-4643 ይደውሉ።

Cushite — Oromo

Facaatii yokin iyyanoo kee Rocky Mountain Health Plans (RMHP) walín qabiduu ilalichisee odeeffannoo baribaachisaatu jiraa. Irra deebi'an siriti xiinxalii. Kan itifuxachoo qabidu fi guyyaa itti xumramuu itti hojachofi ilaalii. Kafalitii malle odeeffanno afani ketiinarigachofi miriga qabidaa. Garigarisafi 800-346-4643 lakofisaa kananii bilbilii.

Kru-Bassa

Li bihne lini li gwe banga bi niigana. Li bihne lini li gwe banga bi niigana nyu nam ma kolbaha ndjombi yong tole ma teeda mong ngueda Rocky Mountain Health Plans (RMHP). Yeng ma kel ma ngui munu li bihne lini. Bebeg le u nlama bon ngui man nwaale guim di loo i nkwo nyu l teda mateda ma mboo yong tole l bana mi nsombog mi mahola. U gwee Kundei kosna biniiguene bini ni mahola i hop wong nni nsaa wogui wo. Sebel 800-346-4643.

Notice of Nondiscrimination

Rocky Mountain Health Plans (RMHP) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. RMHP does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

RMHP takes reasonable steps to ensure meaningful access and effective communication is provided timely and free of charge:

- Provides free auxiliary aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters (remote interpreting service or on-site appearance)
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language assistance services to people whose primary language is not English, such as:
 - Qualified interpreters (remote or on-site)
 - Information written in other languages

If you need these services, contact the RMHP Member Concerns Coordinator at 800-346-4643, 970-243-7050, or TTY 970-248-5019, 800-704-6370, Relay 711; para asistencia en español llame al 800-346-4643.

If you believe that RMHP has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, or sex, you can file a grievance with: the RMHP EEO Officer at 800-346-4643, 970-244-7760, ext. 7883, or TTY 970-248-5019, 800-704-6370, Relay 711; para asistencia en español llame al 800-346-4643, or eeoofficer@rmhp.org. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the RMHP EEO Officer is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Avenue SW., Room 509F, HHH Building, Washington, DC 20201, 1-800-868-1019, 800-537-7697 (TDD).

Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.