



AT YOUR FINGERTIPS: ONLINE TOOLS & SERVICES

Rocky Mountain Health Plans (RMHP) offers free online tools to make health care choices easier for our Members. Learn about 24/7 care with Doctor On Demand, estimate your costs for potential medical treatment, or find a primary care provider — all at rmhp.org.

Access Your Member Profile

Your secure Member portal, MyRMHP, gives you the ability to access personalized benefit information, claims and authorization status, valuable health resources, and so much more. Take control of your health with MyRMHP.

- Visit rmhp.org and select MyRMHP in the orange bar at the top of the page. You can also access MyRMHP by selecting the blue *MyRMHP • Member Portal* button in the footer on every page.
- Log in, or create your account by following the simple steps.

Search for a Provider

With one of the largest provider networks in Colorado, our online provider directory makes it easy for Members to find the doctors, hospitals, and other providers near them. The directory is simple and easy to use, and it includes smart search and easy filtering features to help you find the providers you need.

- Visit rmhp.org.
- Select *Find a Provider* located in the navigation/menu bar at the top of the home page.
- After entering your criteria, a listing of providers will be generated.

Get 24/7 Care with Doctor On Demand

New in 2019! With Doctor On Demand, Members can connect face-to-face with Board Certified doctors and therapists from a phone, tablet, or computer — at no cost on select plans*. Get care when and where you need it with 24/7 video chat access.

- * Virtual visits are free when using Doctor on Demand for Members enrolled on a non-HSA health plan. Members enrolled on an HSA-eligible plan will be responsible for the visit cost if the service is used prior to meeting the plan deductible.

Rally for Better Health

New in 2019! Whether you're looking for tips to eat better, get more active, or build healthy habits, Rally® can help! This website and mobile app allows Members to choose from custom-picked missions based on the results of their health surveys. Then, get rewarded for tracking the activities designed to help you achieve a healthier lifestyle!

Achieve Real Results with Real Appeal®

New in 2019! 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! Qualifying employees 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.

Discover More • • • • •

Find Out-of-State Care

Need care outside of Colorado? Services from UnitedHealthcare's Options PPO national network of providers are covered at the in-network level of benefits for many plans. Refer to your Evidence of Coverage or contact RMHP for more information on your access to national network providers. To find a national provider:

- Visit rmhp.org.
- Select *Find a Provider* located in the navigation/menu bar at the top of the home page.
- Select *View Our Directories*, located under *Download Provider Directories*.
- Choose the link to find a national network provider under *National Provider Access*.

Estimate Your Costs

Compare prices for medical treatments when using RMHP's online Cost Estimator tool. Find the estimated average costs and learn how to save money on a medical procedure, whether a routine exam or extensive surgery.

- Log in to MyRMHP.
- Select the blue *Estimate Treatment Cost* Quick Link.
- Get informed, compare costs, and save.

Know Your Covered RX Drugs

Get our list of covered prescription drugs (also known as the formulary), which includes information on what drugs are covered under each specific health plan, the copayment level of certain drugs, and the use of generic drugs. Additionally, it provides information on any prior authorization or step therapy requirements. To review the list:

- Visit rmhp.org.
- Select *RX Drugs* in the *Explore our Network* section of the home page.
- Choose the formulary that applies to your plan.

Opt-in and Save a Tree with RMHP

When you opt-in, you will receive certain documents electronically through MyRMHP. When new documents are available, RMHP will send you a notification to review.

- Log in to MyRMHP.
- Select *Sign Up Now* under the green leaf icon.

You can request paper documents at any time by contacting our Customer Service Team at 970-243-7050 or 800-346-4643 (TTY: 711).

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, sex, sexual orientation, or gender identity.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-282-1420 (TTY: 711).
Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 1-888-282-1420 (TTY: 711).