



# RMHPWORKWell

Take advantage of RMHP WorkWell, a free wellness screening and employee reward program available to small employer groups in Mesa and Montrose counties.

## The Perks

### Employer Benefits

- Offered at no cost to the employer
- Receive participation reports
- Create and maintain a healthy workforce

### Employee Benefits

- Receive a free biometric screening or at a patient service center
- Earn a \$25 reward for use in the Rally® Marketplace
- Access a customized itinerary of activities and online programs
- Receive valuable information through confidential health status reports and wellness scores
- Improve overall health and well-being

## The Process

- Employers simply elect RMHP WorkWell at any time.
- RMHP will assist the employer in educating their employees on the new program, including email templates with information on how to participate.
- Participating employees receive a confidential health report based on a yearly biometric screening and online Health Assessment.
- Employees can track their wellness activities in the Rally platform or mobile app.
- Small employers with less than 20 RMHP subscribers will use a patient service center.

## The Portal

With RMHP WorkWell, employees get access to Rally, a website and mobile app that allows users to choose from custom-picked missions based on the results of their health surveys. With Rally, Members can:

- Complete an online Health Assessment
- Redeem rewards in the Rally Marketplace
- Access certified coaches through the Optum® Wellness Coaching program to receive support for steps to a healthier lifestyle
- Get web and mobile access to wellness missions
- Receive personalized reminders to encourage ongoing improvement

## The Places

RMHP WorkWell is available to small employers in **Mesa** and **Montrose** counties.

**For more information or to enroll, contact Lori Franklin with the RMHP Group Management Team at [lori.franklin@rmhp.org](mailto:lori.franklin@rmhp.org)**





### **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.

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-282-1420 (TTY: 711).

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