



AT YOUR FINGERTIPS: ONLINE TOOLS & SERVICES

Rocky Mountain Health Plans (RMHP) offers free online tools to make health care choices easier for our Members. Get urgent health care treatment with MyDigitalIMD, estimate your costs for potential medical treatment, or find a primary care physician — 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.

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.
- Enter and confirm your email address.

Get Urgent Care with MyDigitalIMD

Now you can send a message or video chat with doctors on your smartphone or from your computer. With MyDigitalIMD, find answers to your common, urgent health questions, get prescriptions, and receive follow-up instructions without the long waits and higher costs found in emergency rooms. Providers are available from 8:00 a.m. - 10:00 p.m. Mountain Time, 365 days a year.

For Computer Users

- Visit MyDigitalIMD.com.
- Sign in with your RMHP login. If you are new to RMHP online, follow the simple steps to create an RMHP account.

For Apple iOS and Android Users

- Download the free MyDigitalIMD App.
- Sign in with your RMHP login and create your MyDigitalIMD Passcode. If you are new to RMHP online, follow the simple steps to create an RMHP account.

Discover More

Search for a Provider

With one of the largest provider networks in Colorado, our online provider directory makes it easy for you to find the doctors, hospitals, and other providers near you. 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, along with any Member reviews for that provider or facility.

Find Out-of-State Care

Need care outside of Colorado? Services from our 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*.

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. 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.

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).

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).

Get Healthier the Easy Way

We know health and wellness is important to our Members, so we offer CaféWell by RMHP. This comprehensive wellness platform is available via web and mobile devices to all Commercial Members and provides features such as personalized health assessments, education programs, and community discussions that promote interaction between users and coaches.

Pay Premiums Online

Conveniently – and securely – make online monthly premium payments through your bank account.

- Visit rmhp.org.
- Select *Make an Online Premium Payment* under the *Explore our Network* section on the home page.
- Complete the required information.

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 *Paperless Options*.

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