

COLORADO-BASED. COLORADO-FOCUSED.

Find the affordable coverage you can rely on from the people you count on. At Rocky Mountain Health Plans (RMHP), we know it's important to have a partner in good health. We're here to help you get more from your health plan, so we offer comprehensive coverage that centers around you and your needs – from preventive care, to health and wellness services, to a variety of online tools and resources to help make your health care choices easier.



Commitment to Colorado

RMHP was founded in 1974 in Grand Junction to give Coloradans access to quality health care. We're proud of our long history that continues today of helping our neighbors take advantage of their coverage.



Compassionate, Local Care

We strive to do the right thing for our members, partners, and community. Our local, dedicated teams are here to guide you through choosing the plan that's right for your health care journey.



Coverage You Can Count On

We know that each person's health is different. Our plans cover a wide variety of services and offer access to a coordinated network of providers, so you have options to fit your health needs.

Whether you're out on the trails, gathered around a campfire, rafting the Colorado, or exploring the desert terrain, our plans let you focus more on the things that matter to you and your Colorado lifestyle.



BUILDING HEALTHY COMMUNITIES

Rocky Mountain Valley plans include a high-performing network of providers and facilities focused on a collaborative approach for a healthier you — and healthier communities across the Western Slope. RMHP and Rocky Mountain Valley providers are dedicated to providing our Members with access to high-quality, coordinated, and close-to-home care at lower costs.

At a Glance

Save money and enjoy peace of mind with a Rocky Mountain Valley plan from RMHP with the value, personalized care, and dependability you expect and deserve.

Our plans offer:



An extensive network of local **Western Slope providers**, all **Denver-area physicians and facilities**, and our broad **pharmacy** network



No-cost or low-cost options for primary care visits



100 percent covered preventive care, including annual checkups, flu shots, mammograms, and more



Pediatric dental benefits covered at 100 percent for all children up to age 19



Urgent and emergency care covered anywhere you need it



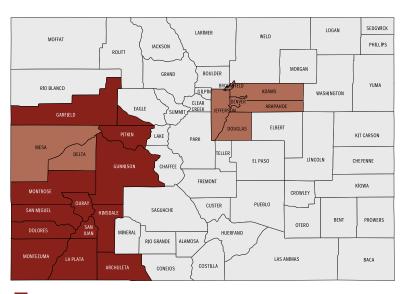
Virtual visits with a doctor or therapist from the comfort of your home – any day, any time



A dedicated, local **customer service team** that's here to help

Care Across the Western Slope

Rocky Mountain Valley plans are available to residents in Archuleta, Dolores, Eagle (Basalt), Garfield, Gunnison, Hinsdale, La Plata, Montezuma, Montrose, Ouray, Pitkin, San Juan, and San Miguel counties.



- Rocky Mountain Valley Service Area
- Access to RMHP Provider Network
 Enrollment in a Rocky Mountain Valley plan is not available in these counties

COMPARE OUR PLANS

Rocky Mountain Valley

HMO PLANS	Bronze	Bronze	Bronze	
	6500	7000	7500	
Deductible	\$6,500/	\$7,000/	\$7,500/	
(Individual/Family)	\$13,000	\$14,000	\$15,000	
00P Max	\$8,550/	\$8,550/	\$8,550/	
(Individual/Family)	\$17,100	\$17,100	\$17,100	
Coinsurance	40%	35%	50%	
PCP	\$25	\$25	1st 3 Visits No Charge, then	
	No Deductible	No Deductible	50% After Deductible	
Specialist	40%	35%	50%	
	After Deductible	After Deductible	After Deductible	
Behavioral Health	40%	35%	50%	
	After Deductible	After Deductible	After Deductible	
Lab/X-ray	40%	35%	50%	
	After Deductible	After Deductible	After Deductible	
Urgent Care	\$75 No Deductible	\$75 No Deductible	1st 3 Visits \$75 No Deductible, then 50% After Deductible	
Emergency Care	50%	50%	50%	
	After Deductible	After Deductible	After Deductible	
Inpatient Hospital	40%	35%	50%	
	After Deductible	After Deductible	After Deductible	
Preventive Exams, Screenings, and Immunizations	100% Covered No Deductible	100% Covered No Deductible	100% Covered No Deductible	
Chiropractic Services — up to 20 visits per year when medically indicated	\$25 No Deductible	\$25 No Deductible	50% After Deductible	
	No Deductible: Tier 1: \$20 Tier 2: \$30	No Deductible: Tier 1: \$20 Tier 2: \$30	Tier 1: \$20 Tier 2: \$35	
Prescription Drug	After Deductible Tier 3: 40% Tier 4: 40% Tier 5: 40%	After Deductible Tier 3: 35% Tier 4: 35% Tier 5: 35%	Tier 3: \$125 Tier 4: \$500 Tier 5: \$700	

COMPARE OUR PLANS

Rocky Mountain Valley (Cont'd)

HMO PLANS	Silver	Silver	Silver	Gold
	3500	4000	4500	2500
Deductible	\$3,500/	\$4,000/	\$4,500/	\$2,500/
(Individual/Family)	\$7,000	\$8,000	\$9,000	\$5,000
00P Max	\$8,550/	\$8,550/	\$8,550/	\$8,550/
(Individual/Family)	\$17,100	\$17,100	\$17,100	\$17,100
Coinsurance	30%	40%	25%	20%
PCP	1st 3 Visits No Charge, then	1st 3 Visits No Charge, then	1st 3 Visits No Charge, then	\$5
	\$25 No Deductible	\$25 No Deductible	25% After Deductible	No Deductible
Specialist	30%	\$100	25%	\$55
	After Deductible	No Deductible	After Deductible	No Deductible
Behavioral Health	30%	\$100	25%	\$55
	After Deductible	No Deductible	After Deductible	No Deductible
Lab/X-ray	30%	40%	25%	20%
	After Deductible	After Deductible	After Deductible	After Deductible
Urgent Care	\$75 No Deductible	\$75 No Deductible	1st 3 visits \$75 No Deductible, then 25% After Deductible	\$75 No Deductible
Emergency Care	\$500 Copay	\$500 Copay	\$500 Copay	\$300 Copay
	After Deductible	After Deductible	After Deductible	After Deductible
Inpatient Hospital	30%	40%	25%	20%
	After Deductible	After Deductible	After Deductible	After Deductible
Preventive Exams, Screenings, and Immunizations	100% Covered No Deductible	100% Covered No Deductible	100% Covered No Deductible	100% Covered No Deductible
Chiropractic Services — up to 20 visits per year when medically indicated	\$25 No Deductible	\$25 No Deductible	25% After Deductible	\$5 No Deductible
Prescription Drug	No Deductible: Tier 1: \$15 Tier 2: \$25 After Deductible:	No Deductible: Tier 1: \$15 Tier 2: \$25 After Deductible:	Tier 1: \$12 Tier 2: \$30 Tier 2: \$25 Tier 3: \$80 Tier 4: \$500 Tier 5: \$700 Tier 5: \$700	Tier 2: \$25 Tier 3: \$70
	Tier 3: \$50 Tier 4: 30% Tier 5: 40%	Tier 3: \$50 Tier 4: 30% Tier 5: 40%		

If you are enrolled in a family plan and you meet your individual deductible and/or out-of-pocket maximum, you don't need to meet your family deductible or out-of-pocket maximum. The Summary of Benefits and Coverage (SBC) and the Colorado Supplement to the SBC for these individual and family plans can be found at rmhp.org and upon request. An access plan is available for each managed care network offered by RMHP to any interested party upon request. Such access plans contain information on providers, hospitals, referrals, and grievance procedures; quality assurance; access for Members with special needs; emergency coverage provisions; and other information on how to access services.

THE EXTRAS

With RMHP, you don't just get health insurance — you get more than a health plan. We care about our Members living their healthy best. Our extra benefits, online tools, and health care resources can help you meet your overall health needs.



Access MyRMHP

Our secure Member portal, MyRMHP, gives you the ability to access personalized benefit information, view claims, opt in to receive electronic communications, print ID cards, find valuable health resources, and so much more.



Search for a Provider

Our online provider directory makes it easy to find in-network 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 care you need.



Virtual Visits with Doctor On Demand®

With Doctor On Demand, you can connect face-to-face with Board Certified doctors and therapists from a phone, tablet, or computer. Get care when and where you need it with 24/7 video chat access.



Get Fit with Active & Fit Direct™

Whether you're ready to kick-start your routine or just looking to step it up, you have access to the Active&Fit Direct program. RMHP Members can choose from over 200 participating fitness centers for a low monthly enrollment fee and applicable taxes — with the option to switch fitness centers to make sure you find the right fit. Additionally, get online fitness tracking from a wide variety of popular wearable fitness devices, apps, and exercise equipment.



Rally for Better Health

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 you to choose from custom-picked missions based on the results of your health survey. Then, get rewarded for tracking the activities designed to help you achieve a healthier lifestyle.



Estimate Medical 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.



GET STARTED

Our plans are available by contacting our dedicated plan experts at RMHP, or by getting in touch with your local broker. Plans are also available through Connect for Health Colorado, the state's health insurance marketplace.

Find Your Plan Today



Call Us

Speak to our dedicated teams by calling 800-453-2981, option 4.



Email Us

Send an email to individualsales@rmhp.org.



Go Online

Visit **rmhp.org** to get a no-cost, no-obligation quote. You can also visit Connect for Health Colorado at connectforhealthco.com.







When you apply for coverage through the state's health insurance marketplace, you may be eligible for federal financial assistance — called an advance premium tax credit.

This credit lowers your monthly health plan payment. A plan expert at Rocky Mountain Health Plans, or your local broker, can help you understand tax credits. Call us to find out more.

Proud Participant with Connect for Health Colorado

Rocky Mountain Health Plans is a Qualified Health Plan with Connect for Health Colorado. RMHP is proud to participate with Connect for Health Colorado and we are working together to ensure more Coloradans will have affordable access to health care than ever before. You may be eligible for a tax credit that will help reduce the cost of health insurance. Tax credits are based on your household income, family size, and various eligibility requirements. To take advantage of these tax credits you must purchase health insurance through Connect for Health Colorado.



