



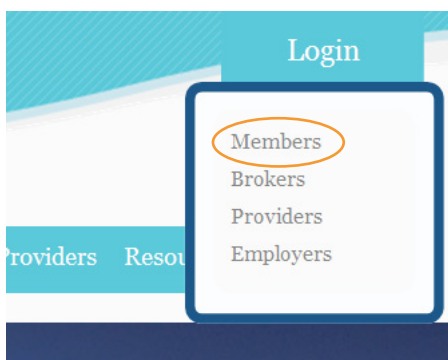
Rocky Mountain Health Plans Online Services

Rocky Mountain Health Plans provides a variety of online services through our website to assist individuals in everything from choosing a plan that fits their needs to finding a primary care physician.

FOR MEMBERS

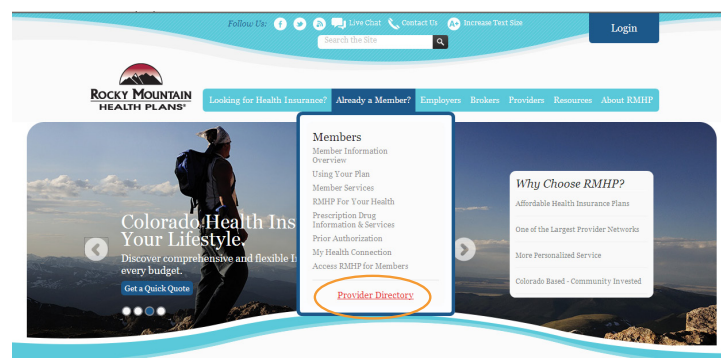
RMHP wants to make understanding your current health plan and receiving the medical care you need as simple as possible. **accessRMHP** gives you the ability to securely access personalized benefit information, claims and authorization status, and valuable health resources. To register for **accessRMHP** —

- + Go to rmhp.org
- + Hover over blue login icon in the upper right-hand corner.
- + Click on Members.



HOW TO FIND AN RMHP PROVIDER

- + Go to rmhp.org
- + Click on Already a Member? and select the Provider Directory link.



- + Enter your search criteria, such as: name of provider, type, location, practice name, etc.
- + Click the Search button. You will get a listing of all the providers that match your criteria.

COVERED PRESCRIPTION DRUGS

RMHP covers a wide variety of medications. The RMHP list of covered drugs (also known as the Formulary) 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 access this list:

- + Go to rmhp.org
- + Hover over **Already a Member**.
- + Select **Prescription Drug Information and Services**.
- + Scroll down to **Learn More About Your Drug Coverage** and click on red **Formulary** link.

ELECTRONIC OPT-IN

By opting in to receive documents electronically through our secure online portal, RMHP will send you notifications when there is a new document to view.

If you want to view your documents go to rmhp.org and click **“Login”** and select **“Members”**.

Enter your User ID and Password and go to **“My Health Plan”** drop down.

Select **“Plan Documents”**.

If you want to change your **“Opt-In”** election, contact Customer Service or change it online:

- + Go to rmhp.org
- + Click on **Already a Member?** And select **Member Services**.
- + Click on **Member Electronic Opt-In RMHP**
- + Scroll down to learn more on how you can sign up for **Electronic Opt-In**

You can request paper documents at any time by contacting our Customer Service Team. Call Customer Service at 970-243-7050 or 800-346-4643, M – F, 8:00 a.m. to 5:00 p.m., Mountain Time. TTY/TDD users should call toll free 711 for Relay Colorado. Para asistencia en español llame al 800-346-4643.

HOW TO FIND AN OUT-OF-STATE MULTIPLAN/PHCS NETWORK PROVIDER

Services received outside Colorado from a MultiPlan/PHCS network provider are covered at the in-network level of benefits.

- + Go to rmhp.org
- + Click on **Already a Member?** and select the **Provider Directory** link.
- + Click on the link in the **Additional Provider Directories**.
- + Find the **National Provider Access** area and click on the link to **Multiplan/PHCS**.
- + Find the box on the lower right **“PHCS Members:”** and select **PHCS Healthy Directions**.
- + Click **Go**.
- + Choose a provider type, such as **Doctor or Facility**, and click **Continue**.
- + Enter your search criteria. Click **Continue** and you will get a listing of all providers that match your criteria.

HOW TO ACCESS STAYWELL AWARE MEMBER PORTAL

After logging into **accessRMHP** – you will be able to connect to your personalized StayWell Aware Health Portal. Follow the instructions below to complete your Health Risk Assessment, access health coaching, use health and wellness tools, and manage your incentives.

- + Hover over **My Healthy Lifestyle**
- + Click on **Health Center**
- + A new window will pop up with your StayWell Aware home page

GET A QUOTE OR APPLY ONLINE

- + Go to individualapply.com
- + Complete the information



Individuals

We've got you covered with a full range of flexible Colorado health insurance plans to complement your budget, needs and lifestyle.

[Get a Quote](#)