



Rocky Mountain Health Plans (RMHP) is based in and focused on Colorado. RMHP works with community care teams and local partners to help members get the care they need. We have proudly served local communities for more than 40 years.







RMHP helps Health First Colorado (Colorado's Medicaid Program) members in Western Colorado and Larimer County live healthier lives. We also help members outside these regions if they get primary care from one of our providers.

We can help you:

- **Get answers to your questions.** Do you need help understanding your health care or what your doctor is telling you? Do you need help getting to your appointments? Our care teams and community resources can help.
- **Find a doctor, specialist, counselor, or therapist.** We know it can be hard to find the right doctor or get an appointment. We know where to go and how to help.
- **Connect with nonmedical resources and programs.** There are many things that can affect your health and well-being. We can help connect you with resources such as food, housing, clothing, and child care.
- **Know what to do.** Do you have a complaint? Are you having trouble getting the care you need, or completing your paperwork? We can help.

Our services are included with your benefits. There is no extra cost for you.

We are here for you.

-  **Visit our website** at rmhp.org
-  **Call us** at 888-282-8801 (State Relay: 711)
Para asistencia en español llame al 888-282-8801
-  **Live chat with us** at rmhp.org
Monday – Friday, 8 a.m. – 5 p.m.
-  **Email us** at customer_service@rmhp.org
We will respond within 3 business days.
-  **Visit us** at 2775 Crossroads Blvd. in Grand Junction
Monday – Friday, 8 a.m. – 5 p.m. You don't need an appointment.
-  **Mail us** at PO Box 10600, Grand Junction, CO 81502