

WELCOME TO DHMP

On behalf of Denver Health Medical Plan, Inc. (DHMP), we would like to thank you for choosing us as your health insurance carrier. We know you will find many advantages to being a member of DHMP, including personalized service and comprehensive health care benefits. Our members come first! The following tips will help you get started.

welcome

1

SCHEDULE AN APPOINTMENT TO ESTABLISH CARE IF YOU'RE NEW TO DHMP, OR SCHEDULE YOUR PREVENTIVE CARE VISIT WITH YOUR PCP

You can find a provider using our online Provider Directory here: [DenverHealthMedicalPlan.org/Find-Doctor](https://denverhealthmedicalplan.org/find-doctor)

You'll need your Member Identification (ID) number to schedule an appointment. You can find your Member ID on your Member ID Card. Make sure you're up-to-date on your preventive care:

- » Annual checkups
- » Immunizations
- » Cancer screenings
- » Prenatal visits
- » Well-child visits
- » Well-woman exams



MEMBER TIP:

When you visit your provider for an annual preventive exam, it is a great time to also talk to your provider about chronic issues such as high blood pressure, diabetes, etc. or any new health issues. You and your provider can develop a plan that supports your health and well-being and fits your lifestyle. Cost-sharing may apply if additional services such as an ultrasound, x-rays, bloodwork, etc. are needed.

2

DHMP MEMBER PORTAL

Manage your plan with our online Member Portal. Register for Member Portal access at DenverHealthMedicalPlan.org, then click on the **"MEMBER LOGIN"** tab on the home page – or scan the QR code to the right using your tablet or mobile device.



3

TELEHEALTH AND BEHAVIORAL HEALTH SERVICES

All members have access to telehealth, mental health and behavioral health services:

- » Telehealth copays and cost-sharing work just like an in-person visit to your provider.
- » You can obtain mental and behavioral health services from any in-network mental health professional, no referral necessary.



4

WELL-BEING MEMBER PORTAL

Good health is the best reward...but a \$100 reward doesn't hurt! DHMP has developed a comprehensive, interactive well-being program for your body and mind. See more program details and sign-up at: BeWellDHMP.org



5

DHMP PHARMACY PORTAL

DHMP has an online Pharmacy Portal where you can login to view your pharmacy claims, print tax documents, use search tools to find a pharmacy or check the price of a drug and get information on drug side effects. Register by visiting your plan's pharmacy page and click **"Pharmacy Portal/Drug Information"**. You can also call our dedicated Pharmacy Department hotline at **303-602-2070**.



6

SAVE ON PRESCRIPTION COSTS

Prescription pricing at Denver Health pharmacies is lower than at National Network retail pharmacies. Prescriptions must be written by a Denver Health provider to be filled at a Denver Health pharmacy. You can save up to **50% off** your prescription costs at a Denver Health pharmacy.

