



**WHEREVER YOU'RE GOING,**

**WE'VE GOT YOU COVERED.**

**Individual Health Insurance & Employer Plans**

**WE'RE MOUNTAIN HEALTH CO-OP -  
CREATED FOR, GOVERNED BY,  
AND PROUDLY SERVING  
PEOPLE JUST LIKE YOU.**

**We believe there is strength in being locally  
owned.**

**Our ideas on what it means to be an all-for-  
one and one-for-all CO-OP stretch further  
than any corporate tagline ever could.**

**Come as you are, whoever you are. We're  
Mountain Health CO-OP, we belong to you,  
and you belong here.**



# Say *hello!* to your new health insurance



[mountainhealth.coop](https://mountainhealth.coop)



**24/7  
Telehealth**



**Dental & Eye  
Exam Credit**



**Many Zero Cost  
Medications**



**100% Coverage  
on Preventive  
Services**

\*2021 Individual/Employer Plans

ADAMS

11142

# Signature BENEFITS



*In addition to our full plans, the CO-OP offers signature benefits for members. Your health and wellness is our bottom line, which is why we provide members with...*

## 24/7 ACCESS TO A DOCTOR

Need to see a doctor at the drop of a hat? Use your telehealth benefit to video chat with a provider for in-network care for your physical and mental health.

## HUNDREDS OF MEDICATIONS AT \$0 COST

We offer hundreds of prescriptions for members with no out-of-pocket cost, including medications for diabetes, depression, asthma, and more.

## \$60 VISION EXAM REIMBURSEMENT

Your eyes are a great indicator of other, underlying health conditions. Your plan comes with a standard \$60 vision exam reimbursement.

## TRAVEL BENEFIT

Need to travel to a specialist? We'll help cover the cost for you to reach our preferred center so you get the care you need. **\*Preapproval required.**

## \$100 DENTAL EXAM REIMBURSEMENT

Your oral health is a strong indicator of your overall health. That's why we offer each member an annual reimbursement of \$100 for a dental exam.

## \$50 TELEHEALTH WELLNESS ASSESSMENT REIMBURSEMENT

We partner with Advantmed to make quick, easy telehealth wellness assessments available for our members - and we'll even pay you \$50 to complete one. **\*For members 18 years of age or older. Available only during certain periods of time. Call Member Services for details.**



WHAT OUR MEMBERS THINK

**"Having diabetes makes finding coverage almost unbearable, with the CO-OP my insulins are 100% covered and they assigned me a nurse who checks in on me throughout the year. That is going above and beyond."**

— CHRIS



WHAT OUR MEMBERS THINK

**"I will forever be grateful for MHC. I was able to travel with my Dad to his surgery in Utah for free. They took care of everything so he didn't have to be alone. This is the company that does the right thing."**

— SAMANTHA



WHAT OUR MEMBERS THINK

**"After my surgery I got a call from Mountain Health Co-Op. The only reason for the call was to check on me and see how I was feeling and if they could do anything to help."**

— GRETCHEN



WHAT OUR MEMBERS THINK

**"I switched from another carrier and I haven't looked back. Better customer service. Better coverage. Better benefits."**

— AMBER



WHAT OUR MEMBERS THINK

**"I've had a really hard time getting established with a doctor during COVID. The Doc on Demand benefit helped me bridge that gap and gave me the visits I needed without having to even leave my home."**

— GLENN