



Member Resources

High Option Plan

Your Compass Rose Health Plan benefits extend beyond the doctor's office. Achieve your goals with programs designed to help you live a healthier life and manage your health wherever you are.



Wellness Rewards Program¹

Earn up to \$350 per calendar year by completing simple and convenient health screenings and activities.



Digital Exercise Therapy

Relieve back, joint, and muscle pain with personalized exercise therapy from Hinge Health.



Pelvic Health Program

Improve your pelvic health from the comfort of home with one-on-one care from Hinge Health.



Weight Loss Program²

Get personalized support to build healthy habits and manage your weight through TrestleTree, starting in 2027.



Virtual Visits³

Access care online, anytime. Connect with board-certified clinicians via video or phone — for free!



Fitness Discounts⁴

Stay active with flexible fitness options starting at just \$28 a month through Active&Fit Direct™.



Living Well Program

Discover educational resources and tools to help you meet your health goals and live a healthy lifestyle.

To learn more about the programs under your plan, scan the QR code or visit compassrosebenefits.com/Programs.



Program availability is subject to change and may vary by plan. You must meet eligibility criteria in order to participate in some of these programs.

¹ For you and your covered spouse.

² Program details, including eligibility and participation requirements, will be available on our website before the program launches.

³ Telehealth visits are 100% covered when using Doctor On Demand (for urgent care or mental health) or an in-network primary care provider (for primary care).

⁴ Fees are subject to change.