

# 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 Program<sup>1</sup>

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



### Virtual Visits<sup>3</sup>

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



### Weight Loss Program<sup>2</sup>

Get personalized recommendations designed to improve your health from the experts at Real Appeal®.



### Fitness Discounts

Stay active with flexible fitness options starting at just \$28 a month through Active&Fit Direct™.<sup>4</sup>



### Digital Exercise Therapy

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



### Living Well Program

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



### Pelvic Health Program

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

To learn more about the plans available under your plan, scan the QR code or visit [compassrosebenefits.com/Programs](https://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.*

<sup>1</sup> For you and your covered spouse.

<sup>2</sup> To participate in Real Appeal, you must be 18 or over, with a BMI of 23 or higher, subject to eligibility. Members with a BMI of 23 to 29.9 without a qualifying comorbidity can participate but are not eligible for one-on-one coaching.

<sup>3</sup> 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).

<sup>4</sup> Fees are subject to change.