



Member Resources

High Option Plan

Your Compass Rose Health Plan benefits extend beyond the doctor's office. Achieve your health and wellness 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.



Weight Loss Program²

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



Digital Exercise Therapy

Relieve back, joint and muscle pain with personalized exercise therapy from Hinge Health in 2025.



Living Well Program

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



Virtual Visits³

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



Gym

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



Pelvic Health Program

Improve your pelvic health from the comfort of home with one-on-one care from Hinge Health in 2025.



To learn more about the programs available through the High Option Compass Rose Health Plan by scanning 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 to participate in some programs.

¹ For you and your covered spouse.

² 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.

³ Telehealth visits are 100% covered when using Doctor On Demand or an in-network primary care provider.

⁴ Fees are subject to change.

