



Asthma Management

An estimated 1.5 million adults and 400,000 children in New York State have asthma. CDPHP has the resources to help you and your family with asthma live their healthiest life. **You should always check your plan contract or call member services at the number on your ID card to verify coverage of programs and services.**

Program Name	Program Description
Rx For Less	Rx For Less is for all CDPHP members with prescription drug coverage, and offers deep discounts on certain generic drugs – including montelukast tablets, albuterol nebulizer solution, and ipratropium nebulizer solution – at CVS/pharmacy, Hannaford, Market32/Price Chopper, ShopRite, CVS/pharmacy locations in Target stores, or Walmart. Present your CDPHP ID card at the pharmacy when picking up your prescription. www.cdphp.com/less
CDPHP Care Team	The CDPHP Care Team provides you with one-on-one support from trained professionals including nurses, pharmacists, and social workers. The care team is available to help you understand your medications and find solutions for cost-effective treatments. 1-800-365-4180
Smoking Cessation	CDPHP offers a range of resources to help you go smoke-free. Get support over the phone, from your primary care physician, or with an app. Our newest quit-smoking program, Pivot, is a self-paced app proven to help you reduce or quit tobacco use. Learn more about Pivot and the additional quit-smoking resources available. www.cdphp.com/quitsmoking
Additional CDPHP Resources	
Fitness	
Weight Management Reimbursement	Eligible members can be reimbursed up to \$75 for participating in weight management programs from a variety of preferred vendors, including WW digital and studio. www.cdphp.com/weight-management
Fitness Reimbursement	Eligible members can be reimbursed up to \$400 per plan year for going to the gym or attending a digital fitness class, and their covered dependents can earn up to a combined \$200 (now including youth sports activities for those younger than 18). www.cdphp.com/fitnessreimbursement
Next Steps™ and Kids on the Move Fitness Programs	Offered at the Rudy A. Ciccotti Family Recreation Center, Next Steps (for ages 16+) and Kids on the Move (for ages 7-15) are fitness programs for people needing additional support to improve their level of physical activity, including those managing health conditions like asthma. You can participate in these programs for a discounted rate and may be eligible for full reimbursement. www.ciccotticenter.org/cdphp
Free Virtual Fitness Classes	Get fit from the comfort of home with free online fitness classes. Workouts include aerobic exercises, strength training, boxing, yoga, and more. www.cdphp.com/classes

In-person

Mobile app

Phone

Website

Program Name

Program Description

Wellness

CaféWell®

This personalized online health resource helps you set health goals, recommends activities, tips, tricks, and articles on various health topics, including asthma. The mobile app lets you track progress on-the-go, and the Life Points® program provides gift card incentives for completing healthy activities. Use sponsor code CDPHPFIT when registering via the app or visit member.cdphp.com and click Go to CafeWell to register.



Wellness Classes

Wellness classes are available in-person and at no cost to you and cover a variety of topics like fitness, nutrition, senior health, and wellness.
www.cdphp.com/classes



Personal Health Assessment

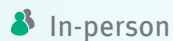
Located in CaféWell, the personal health assessment helps you predict and prevent disease, understand readiness to change behaviors, and inspire change with actionable information.
www.cdphp.com/cafewell



Nutrition

Foodsmart™

A personalized tool for better nutrition at home or on the go. Mobile app or desktop browser with meal planning, personalized recipes, one-click grocery lists, meal kit delivery, and more. Foodsmart is accessed through CaféWell®.
www.cdphp.com/cafewell



In-person



Mobile app



Phone



Website



Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。