













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 lives. **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 ConnectRx, Hannaford, Market 32/Price Chopper, Rite Aid, ShopRite, Walgreens, Walmart, Kinney Drugs, Food Lion, Giant Food, Stop & Shop, and multiple independent pharmacies. For more details, go to cdphp.com/save . 
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. 1-888-942-3747 
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. cdphp.com/quitsmoking   
Additional CDPHP Resources	
Fitness	
Weight Management Reimbursement	Eligible members can be reimbursed up to \$100 on most plans for participating in weight management programs from a variety of preferred vendors, including WW digital and studio. cdphp.com/weight-management  
Fitness Reimbursement	Eligible members can be reimbursed up to \$600 per plan year (\$400 for subscriber, \$200 combined for covered dependents) for going to the gym, youth sports fees, or for taking digital classes. You can also be reimbursed for purchasing a wearable device such as an Apple Watch or Fitbit. cdphp.com/fitnessreimbursement  
MyFitRx™	Offered at CDPHP Fitness Connect at the Ciccotti Center, MyFitRx (for ages 16+) is a fitness program for people needing additional support to improve their level of physical activity, including those managing health conditions like asthma. You can participate in this program for a discounted rate and may be eligible for full reimbursement. ciccotticenter.org/cdphp 

Program Name

Program Description

Wellness and Nutrition

CDPHP Health Hub, powered by Virgin Pulse

The CDPHP Health Hub can be accessed from your smartphone or computer, giving you 24/7 access to powerful wellness resources right at your fingertips. Explore customized nutritional guidance and well-being activities and move through levels as you earn points for healthy choices you make each day. You may be eligible for CDPHP Life Points® Rewards, which can be redeemed for gift cards. Download the Virgin Pulse app or visit join.virginpulse.com to get started.



Free Wellness Classes


You have access to community wellness programs and online wellness classes you can take from home. cdphp.com/classes



Personal Health Assessment

Located in the CDPHP Health Hub, the personal health assessment helps you predict and prevent disease, understand readiness to change behaviors, and inspire change with actionable information.



 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）。