



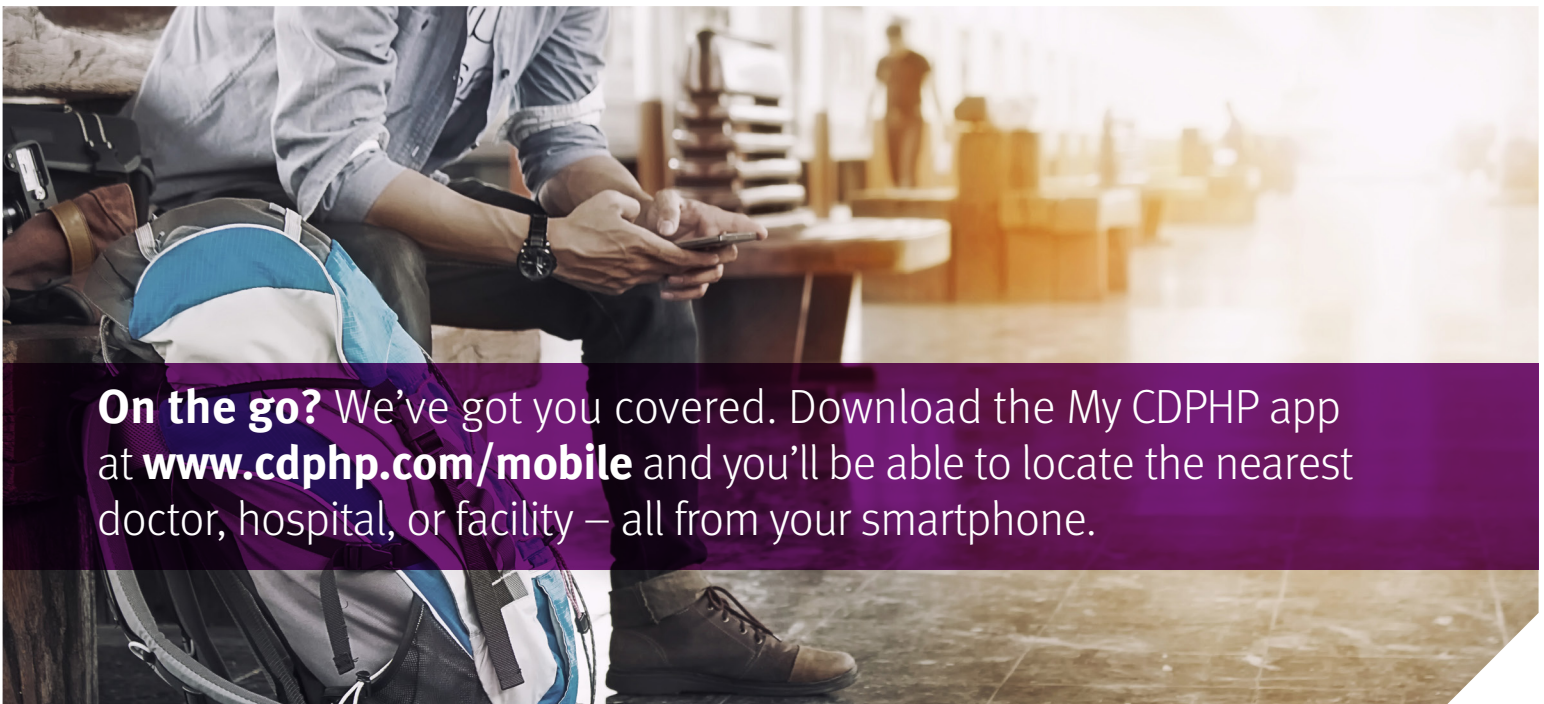
Before You Leave Town ...

Traveling out of town for business or pleasure? Or do you have a dependent in college or living out of the area? Be aware of how CDPHP® covers out-of-area care.

Before you or your family member leave home:

- ▶ Download the My CDPHP app. You can use the Find-A-Doc search tool to locate participating providers, urgent care centers, and labs. You can also view your member ID card as well as check your medical and pharmacy benefits.
- ▶ Make a list of your prescriptions and keep it in your wallet.
- ▶ Carry your CDPHP member ID card in the enclosed sleeve. The sleeve provides information on what to do when you need out-of-area urgent or emergency care.

Most importantly: To limit your financial liability, make sure you contact CDPHP member services at the number on your ID card before you seek services from an out-of-area provider. They can answer your questions regarding coverage for you and your dependents.



On the go? We've got you covered. Download the My CDPHP app at www.cdphp.com/mobile and you'll be able to locate the nearest doctor, hospital, or facility – all from your smartphone.

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）。