

# Self-insure with CDPHN

ENJOY THE BENEFITS OF A FULLY-INSURED GROUP  
WITHOUT THE EXTRA FEES



A plan for life.

# Keeping your employees healthy means more than just processing their claims.

## You know it. CDPHN knows it.

When you self-fund with CDPHN, you get administration of your health plan, of course, but you also get cost containment, award-winning customer service, and valued-added benefits that not only support employees when they're sick, but help them live their healthiest lives.

**Why all of the extras? Because a self-funded group should get the same treatment as one that's fully insured.**

All-inclusive pricing

Remember those value-added benefits? Well, they're included in your administration charge with CDPHN.

You know what's NOT included? Extra fees – network access fees, prior authorization fees, pharmacy benefit fees, and all of the other fees you're charged when you self-fund elsewhere.

All-inclusive pricing means these services and more are part of the standard package with CDPHN.

|   | CDPHN | Other TPAs     |
|---|-------|----------------|
| Stop-loss account management  | ✓     | fees may apply |
| Prior authorization administration                                    | ✓     | fees may apply |
| Mental health and substance use support                               | ✓     | fees may apply |
| Case management   | ✓     | fees may apply |
| Vendor file transmission (claims, Rx, etc.)                           | ✓     | fees may apply |
| High dollar manual claims review                                      | ✓     | fees may apply |
| Personalized healthy activities through CaféWell®                     | ✓     | fees may apply |
| Personal health assessment  | ✓     | fees may apply |
| Critical issue and chronic condition support from the CDPHN Care Team | ✓     | fees may apply |
| National network provider access                                      | ✓     | fees may apply |
| Web-based reporting package   | ✓     | fees may apply |
| And so much more!   | ✓     | fees may apply |

## Cost control

Keeping your workforce healthy shouldn't cost a fortune. That's why CDPHN leads the way with programs that encourage healthy behaviors, disease prevention, and reducing unnecessary medical costs. When employees or their dependents get sick, CDPHN promotes high-quality care at affordable prices by combining strong network discounts with our nationally-acclaimed disease and population health management programs. CDPHN has honed this strategy through decades of health plan experience, consistently exceeding the unique needs of our clients in a variety of industries, including hospitals, labor unions, municipalities, and much more.

## Plan customization

Every company that self-funds through CDPHN has access to valuable programs and services as part of the standard package, but that doesn't mean you can't upgrade. Depending on the needs of your company and your employees, CDPHN offers a range of impactful add-ons, including:



**zipongo**<sup>®</sup>  
EATING WELL MADE SIMPLE

### SHOP HEALTHY AND EAT HEALTHY

A nutrition app that provides grocery deals, a meal planner, and healthy recipes.



### WEIGHT MANAGEMENT AND GYM REIMBURSEMENTS

Save on weight loss programs and at the gym.



**LifePoints**<sup>®</sup>

### GET HEALTHY, GET REWARDED

Employees can earn gift cards for completing healthy behaviors.



### CDPHP<sup>®</sup> SMOKE-FREE<sup>SM</sup>

Support and resources to kick the habit for good.



### DOCTOR ON DEMAND<sup>®</sup>

Live video doctor visits 24/7.



### HEALTHY DIRECTION MANAGER

Incentivize employees to get healthy and strengthen your business.

## AND MANY MORE VALUABLE PROGRAMS!

## Questions?

Contact your broker or call CDPHN at (518) 641-5072.

**Connect with us!**

Tell us what you think at [insights.cdphp.com/join](https://insights.cdphp.com/join) 

Get fitness tips, wellness ideas, and more! Follow us on social and visit [blog.cdphp.com](https://blog.cdphp.com).



**A plan for life.**

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