

CDPHP[®] Family Health Resources

Whether you're just starting your family, expanding your family, or have active kids at home, CDPHP has resources to support you at every stage of life. Learn more and get started with these services by visiting www.cdphp.com/FamilyHealth.



Reproductive, Pregnancy, and Parenting Support with Ovia Health

From cycle tracking and trying to conceive, to pregnancy, parenthood and menopause support, Ovia Health[™] is here for your family. Download the app that best aligns with your current family health goals: Ovia[®], Ovia[®] Pregnancy, or Ovia[™] Parenting.



Doula Reimbursement

Eligible members can be reimbursed up to \$1,500 for in-person or digital services provided by a certified and/or trained doula. To learn more, visit cdphp.com/pregnancy.



Breastfeeding Support

Breastmilk is the perfect food for your baby and contains just the right amount of nutrients. CDPHP is here to help with breast pumps, classes, and getting the assistance you need. Learn more at cdphp.com/pregnancy.



Extra Support from The CDPHP Care Team

We know that sometimes it isn't easy to navigate your family's health needs on your own. The CDPHP Care Team is there to help you and your family, and if you're experiencing a high-risk pregnancy. To talk one-on-one with a member of the CDPHP Care Team, call **1-888-942-3747**.



Mental Health

Your mental health is just as important as your physical health. Receive 24/7 support with postpartum depression, anxiety, general depression, and/or drug and alcohol use by calling **1-888-320-9584**.



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, parent and baby classes, fitness classes, digital fitness classes, or the purchase of a qualified wearable device. To learn more visit cdphp.com/FitnessReimbursement.



Kids on the Move

Help your kids get fit and become active with this 8-week individualized medical fitness program available at CDPHP Fitness Connect at the Ciccotti Center. Reimbursements are available for completing the program, which is for kids ages 7 to 15.

For more information, please check your policy for specific wellness benefit eligibility information.

Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP[®]) comply with applicable federal civil rights laws and do 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）