



# CDPHP® Health Resources

## Helping Members Get and Stay Healthy

### The CDPHP Health Hub

Explore customized well-being resources to help you make healthy choices each day. Sign up by downloading the Personify Health app or by visiting [join.personifyhealth.com](https://join.personifyhealth.com).



### The CDPHP Care Team

Talk one-on-one with a nurse, registered dietitian, or pharmacist to get more information on a variety of health issues, ask questions about medications, receive help monitoring your health, and more. Call [1-888-942-3747](tel:1-888-942-3747) to chat with the team between 9 a.m. and 5 p.m. Monday through Friday.

### Mental Health Support

Get personal assistance and connected to a variety of resources for addressing mental health concerns. Call [1-888-320-9584](tel:1-888-320-9584) between 8 a.m. and 6 p.m. Monday through Friday. For urgent help after hours, call the crisis hotline at [1-855-293-0785](tel:1-855-293-0785). Visit [cdphp.com/mentalhealth](https://cdphp.com/mentalhealth) for more information.



### Family Health

Whether you're just starting your family, expanding your family, have active kids at home, or are caring for older family members, CDPHP has resources to support you along the way. Learn more at [cdphp.com/familyhealth](https://cdphp.com/familyhealth).



### The Daily Dose

Visit [blog.cdphp.com](https://blog.cdphp.com) to check out our blog, *The Daily Dose*, for a personal take on a variety of health care topics, like nutrition, exercise tips, and more.



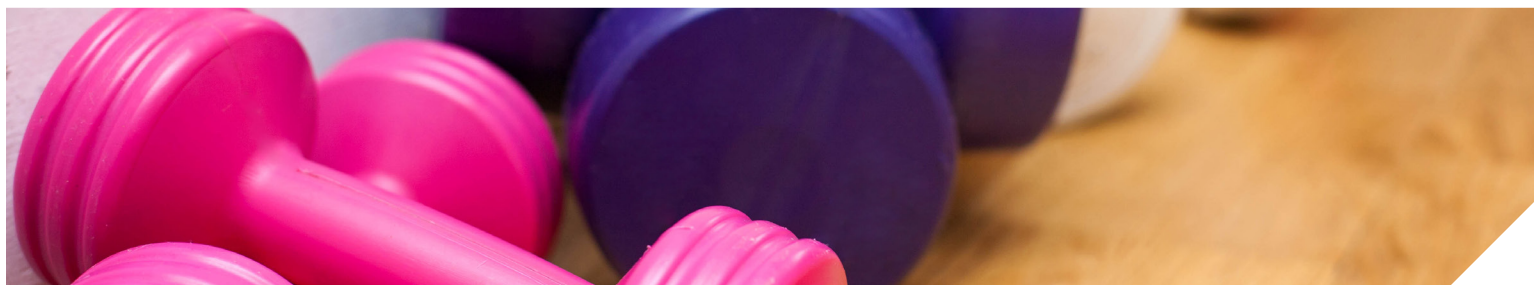
### CDPHP Price Check™

Compare prices for future health care expenses in advance of a service. Log in at [member.cdphp.com](https://member.cdphp.com) and click on **Benefits and Treatment costs** to get started.



### CDPHP Hospital to Home

Receive extra support during and after a hospital stay. Our Patient Support Team, which includes nurses, doctors, social workers, mental health care professionals, and member benefit specialists, is available to answer questions regarding your medical care, medications, health insurance coverage, and more. Visit [cdphp.com/hospitaltohome](https://cdphp.com/hospitaltohome) for more information.



## Account Access and More

### My CDPHP App

Get instant access to information about your benefits on the go. View copay amounts and deductible balances, locate providers, and view, email, or fax your member ID card. Visit [cdphp.com/mobile](https://cdphp.com/mobile) or download from your app store.



### CDPHP Insights™

Add your voice to the mix! CDPHP Insights is an online community made up of health care consumers sharing valuable feedback. Join today at [insights.cdphp.com/join](https://insights.cdphp.com/join).



## In Your Community

### Free CDPHP Wellness Classes

As a CDPHP member, you have access to community wellness programs and online classes you can take from home. To learn more, go to [cdphp.com/classes](https://cdphp.com/classes).



### CDPHP Customer Connect<sup>SM</sup>

Get answers to your claims and benefit questions, request ID cards, enroll in a health plan, and more. Visit [cdphp.com/CustomerConnect](https://cdphp.com/CustomerConnect) to find locations or to make an appointment.



### CDPHP Cycle!<sup>TM</sup>

A state-of-the-art bike share program that gives families a fun and healthy way to get around. Visit [cdphpcycle.org](https://cdphpcycle.org) for locations and information.



*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）。