

CDPHP[®] Family Planning Benefits Guide



This guide lists just a few of the many health benefits available to you and your family. Refer to your benefit materials or log in to www.cdphp.com/members to learn more.

SERVICES	COVERAGE	NOTES
CONTRACEPTION <i>(Not applicable for religious exempt groups)</i>		
Oral contraception	No charge for FDA-approved, formulary oral contraceptives	Prescription drug coverage is not required.
Long acting reversible contraception <i>Includes intrauterine devices (IUDs) and contraceptive implant systems.</i>	Covered	Devices, device insertion, and removal covered in full if Women's Health Mandate applies per member contract. Pregnancy test required prior to insertion is subject to member cost-share per benefit plan.
PREPARING FOR PREGNANCY		
Preconception care <i>Includes physical exam, immunizations, screening for domestic violence, STD testing and treatment, and more. Talk with your doctor about this type of care.</i>	Covered for women and men	Subject to member cost-share per benefit plan. See the <i>CDPHP Guidelines for Preventive Care</i> at www.cdphp.com/preventive-care , or talk with you doctor.
Folic acid	No charge / Covered	Prescription drug coverage is not required.
Infertility treatment	Covered	Services for diagnosis and certain treatments are covered. Subject to member cost-share per benefit plan.
Pregnancy testing	Covered	Subject to member cost-share per benefit plan. Pregnancy tests are offered at all participating OB/GYN and family practice offices, as well as LabCorp and in-network hospitals.
SUPPORT FOR HEALTHY LIVING		
Nutrition counseling and diabetes education	Covered	Ask your doctor for a referral or call CDPHP at 1-888-942-3747 for help.
Smoking cessation support <i>Over the phone, with your doctor, or with a group</i>	No charge / Covered	See page 3 for details.
CDPHP Wellness classes <i>Such as prenatal yoga</i>	No charge	See class listings and register online at www.cdphp.com/classes or call (518) 641-4800 or 1-877-986-2373 for details.

Your cost-share will depend on your specific benefit plan. Call the CDPHP **member services department** at the number on your member ID card with benefit questions.

CDPHP Maternity Benefits Guide

CDPHP provides comprehensive maternity coverage to help you have a healthy pregnancy and baby. For a complete list of maternity benefits, refer to your plan materials or log in to www.cdphp.com/members. ASO members should check their summary of benefit description (SBD) to determine what's covered under their plan.

SERVICES	COVERAGE	NOTES
HEALTH CARE SERVICES		
Prenatal care <i>Includes routine visits, screenings, tests (such as glucose tolerance test), and important immunizations (such as TDAP and flu shot)</i>	Covered	Initial visit to confirm pregnancy is subject to member cost-share per benefit plan.
Prenatal ultrasounds	Covered	Up to three obstetric ultrasounds per routine pregnancy.
Delivery and inpatient maternity care	Covered	Subject to member cost-share per benefit plan.
Newborn nursery care	Covered	Subject to member cost-share per benefit plan.
Postpartum home health care, if medically needed	Covered when arranged by CDPHP	No cost for one visit for women who leave the hospital sooner than 48 hours for a vaginal birth (96 hours for a C-section). Other home health visits subject to member cost-share.
Care management for high-risk pregnancies	No charge	Call 1-800-274-2332 or (518) 641-4100 to speak with a CDPHP nurse for help and advice.
Genetic screenings	Covered	Includes basic chromosomal screenings. Other screenings and further follow-up may be subject to member cost-share per benefit plan.
Postpartum care	Covered	A visit with your OB/GYN is recommended after your baby is born. Talk to your doctor about the best time for this visit. For help scheduling a postpartum appointment, call (518) 641-4800 and press 2.
PHARMACY <i>(Covered for members with prescription drug coverage through CDPHP)</i>		
Prenatal vitamins	Covered with prescription	Refer to your pharmacy benefit.
Progesterone treatment to help prevent premature birth	Covered	Talk to your OB/GYN to find out if progesterone treatment is right for you.

Expecting? We have you covered.

Visit www.cdphp.com/mom2be to get started in the CDPHP® Mom 2 Be program and get more out of your health plan.



SERVICES	COVERAGE	NOTES
SUPPORT FOR NEW AND EXPECTING PARENTS		
Childbirth or parenting classes*	Members may be reimbursed up to \$75 total per contract in a benefit year.	Check the class listings at your local hospital or ask your OB/GYN about availability. Get reimbursed after completing the class.
Smoking cessation support <i>Over the phone, with your doctor, or with a group</i>	No charge	Receive one-on-one support from a quit coach through CDPHP® Smoke-Free™. Call 1-866-697-8487 or join online at www.cdphp.com/quitsmoking .
	Covered	Your PCP can provide focused counseling, as well as a written prescription. Up to eight visits per benefit year up to a maximum of three consecutive or non-consecutive years.
	No charge	Receive group support and a complimentary two week supply of nicotine patches or gum.
Behavioral health support <i>Including help with depression, postpartum depression, substance use, or other concerns</i>	No charge	Call 1-888-320-9584 or 518-641-3600 to speak with a CDPHP social worker for help and advice.
Help with finding an OB/GYN or pediatrician	No charge	Call member services at the phone number listed on your member ID card.
Help with enrolling baby in health insurance	No charge	Medicaid Members: For assistance, call the CDPHP State Programs Enrollment Line at 1-844-237-4773. Commercial Members: Contact your employer within 30 days to add your baby to your plan.
BREASTFEEDING EQUIPMENT AND SUPPORT		
Breastfeeding classes*	Members may be reimbursed up to \$75 total per contract in a benefit year.	Check the class listings at your local hospital or ask your OB/GYN about availability. Get reimbursed after completing the class.
Breast pump	One standard pump per benefit year covered at a participating vendor	Visit www.cdphp.com/pregnancy and click Breastfeeding Support Guide or call member services at the number on your ID card to find participating vendors.
Lactation counseling	No charge	Ask your OB/GYN, your child's pediatrician, or the facility where you delivered for assistance with finding a breastfeeding professional.
Breastfeeding support from a local Baby Café™	Free and open to the public	Visit www.babycafeusa.org to find a Baby Café near you.

Your cost-share will depend on your specific benefit plan. Call the CDPHP **member services department** at the number on your member ID card with benefit questions.

* Medicaid members are covered in full and will not need to pay costs upfront.

Did you know breast pumps are covered by CDPHP?
Call member services at the number on your ID card to find participating vendors.

The Support You Need for Your Pregnancy and Beyond

CDPHP® Mom 2 Be provides resources and support to help you stay healthy through all stages of your pregnancy and after your baby is born.

Get started today and receive a free pregnancy planner, mom and baby tracker, and a gift for your baby! Visit www.cdphp.com/pregnancy/mom2be.



Get started today and get your **free pregnancy resources**

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）。

Capital District Physicians' Health Plan, Inc.
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