

Expecting?  
CDPHP® is here for you.



Whether you're about to become a first-time mom or you already have children, CDPHP® is here to help. You can receive valuable tools and information at no-cost to assist you during your pregnancy and after your baby is born.

As a CDPHP member, you can receive:

- ✓ A pregnancy planner to help you document every stage of your pregnancy
- ✓ Access to free wellness classes, including prenatal nutrition and fitness
- ✓ One-on-one support from the CDPHP Care Team for high-risk pregnancies
- ✓ Services and resources for mental well-being support
- ✓ Postpartum resources to make sure you are healthy after pregnancy



To get started, text **"mom"** to **237471**  
or call **(518) 641-4800** and press 1.

Looking for more information on CDPHP maternity benefits?  
Visit [www.cdphp.com/pregnancy](http://www.cdphp.com/pregnancy).

#### **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）。