



Take Control of Your Weight

Losing just **5 percent** of your body weight can lower your risk for developing chronic health conditions and help you feel better and live longer. CDPHP® can assist you with achieving your personal health goals.



PERSONALIZED
HEALTHY ACTIVITIES



EAT HEALTHY
WITH FOODSMART™



GYM & WEIGHT MANAGEMENT
REIMBURSEMENTS



FREE GYMS



FREE FITNESS AND
NUTRITION CLASSES



NUTRITIONAL AND WEIGHT-
MANAGEMENT COUNSELING*

Visit www.cdphp.com/weight-management for more information about these resources and to get started today.

* Registered dietitian visits are subject to applicable deductibles, copayments, coinsurances, and/or group-specific contract limitations.

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）。