



Virtual Health Care

Health care needs don't always arise during business hours, and it's not always easy to get to the doctor's office. That's why CDPHP® teams with some of the nation's top virtual health care providers, many of which are available 24/7, so you can get the care you need from the comfort of home using your smartphone, tablet, or computer.

DOCTOR ON DEMAND®

Doctor on Demand physicians treat members of all ages for a wide variety of common physical and mental health conditions, from colds and migraines to sprains and anxiety. CDPHP members can visit doctorondemand.com/cdphp/join or download the Doctor On Demand app. Once registered, members can connect with a doctor or schedule a visit for a time that works best. *Some employers who are self-funded do not offer this benefit.*

APTIHEALTH

Aptihealth provides personalized, goal-oriented teletherapy for members ages 18 and up, specializing in the treatment of severe mental illness. CDPHP members can enroll by visiting aptihealth.com/CDPHP. Participating primary care providers, specialty physicians, and hospitals can also refer members to aptihealth. Care typically begins within 48 hours. *Some employers who are self-funded do not offer this benefit.*

VALERA HEALTH

Valera Health provides ongoing telemedicine services for members of all ages with mood, anxiety, and pediatric/adult/geriatric psychiatry. CDPHP members can visit valerahealth.com/consult and request a free consultation with a health coach, who will conduct a short needs assessment and book an initial session. Care typically begins within one week of initial consultation.



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）。