

# CDPHP® Health Resources



## Helping Members Get and Stay Healthy

### **CaféWell®**

An interactive health and wellness website that provides personalized activities. Earn Life Points® that can be redeemed for gift cards\*. Log in at [member.cdphp.com](http://member.cdphp.com) and click on the CaféWell box to get started.

### **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 [1-800-365-4180](tel:1-800-365-4180) to chat with the team between 9 a.m. and 5 p.m. Monday through Friday.

### **Doctor On Demand®**

Through live video, a doctor can review symptoms and recommend treatment 365 days a year, 24/7. Doctor On Demand physicians treat hundreds of health conditions, such as colds, indigestion, rashes, sprains, and more. Visit [doctorondemand.com/cdphp/join](http://doctorondemand.com/cdphp/join) to register for your free account.

### **Foodsmart™**

An app that helps you make healthier food choices at home and on the go. Receive meal planning support, personalized recipe recommendations, deals on healthy foods at your favorite stores, and more! Log in to your member account at [member.cdphp.com](http://member.cdphp.com) and click on the CaféWell box to register.

### **Mental Health Support**

Get personal assistance and connected to a variety of resources for coping with mental health issues. 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).

### **Kick The Smoking Habit**

Quit smoking or vaping with a program that works for you. Whether you prefer digital, phone-based, group, or one-on-one support, CDPHP can help. Visit [www.cdphp.com/quitsmoking](http://www.cdphp.com/quitsmoking) for details.

### **CDPHP Mom 2 Be**

Receive a free pregnancy planner, healthy tips, reminders and more. Call (518) 641-4800 and press 1 or visit [www.cdphp.com/mom2be](http://www.cdphp.com/mom2be) to get started.

A photograph of several kettlebells in various colors (purple, pink, blue, yellow) in the background. A purple bar is overlaid on the bottom of the image.

For more health resources, visit [www.cdphp.com/wellness](http://www.cdphp.com/wellness)

\* Life Points are available on most employer group plans.

## Helping Members Save Money

### Gym Reimbursement

Eligible members can be reimbursed up to \$600 per plan year (\$400 for subscriber, \$200 combined for covered dependents) for going to the gym or taking digital fitness classes. New for 2021, the covered dependent portion can be used toward youth sports fees. Call the number on your ID card to determine if this benefits applies to your plan. For details, visit [www.cdphp.com/FitnessReimbursement](http://www.cdphp.com/FitnessReimbursement).

### Weight Management Reimbursement

Eligible members can be reimbursed up to \$75 for participating in a qualifying weight management program. To learn more, visit [www.cdphp.com/weight-management](http://www.cdphp.com/weight-management).

### Rx for Less

Get discounts on specific generic drugs when purchased at participating retailers. Visit [www.cdphp.com/less](http://www.cdphp.com/less) for more information.

### Next Steps Fitness Programs™ and Kids on the Move Reimbursement

Eligible members can be reimbursed up to \$50 per benefit year for participating in and completing the Next Steps Fitness Program (for ages 16+) or the Kids on the Move program (for ages 7-15). Next Steps Fitness Programs™ are available at the Rudy A. Ciccotti Family Recreation Center and the Champlain Valley Physician's Hospital. Kids on the Move is available at the Rudy A. Ciccotti Family Recreation Center. To learn more, visit [www.cdphp.com/fitness](http://www.cdphp.com/fitness).

### Maternal Health Education Reimbursement

Eligible members can be reimbursed up to \$75 for in-person or digital maternal health education classes. To learn more, visit [www.cdphp.com/pregnancy](http://www.cdphp.com/pregnancy).

## In Your Community

### Free CDPHP Wellness Classes

As a CDPHP member, you have access to online fitness classes you can take from home. To learn more, go to [www.cdphp.com/classes](http://www.cdphp.com/classes) or call (518) 641-4800.

### 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 [www.cdphp.com/CustomerConnect](http://www.cdphp.com/CustomerConnect) to find locations or to make an appointment.

*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®) 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）。

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