



A plan for life.

Capital District Physicians' Health Plan, Inc.
CDPHP® HMO
 Side by Side Comparison of Benefit Changes 2021 to 2022

Benefits	Your 2021 Benefit	Your 2022 Benefit
Child PCP to age 19	\$20 copayment	\$0 copayment
Doctor on Demand <i>24/7 live online visits from your smartphone or tablet</i>	\$20 copayment	\$0 copayment
aptihealth app <i>CDPHP has partnered with aptihealth to expand our network of mental health providers, offering members 18+ quick, affordable access to mental health and substance use services from a video-enabled smartphone, laptop, or tablet.</i>	Not available in 2021	\$20 copayment
Cardiac rehabilitation	\$0 copayment for walk-in visits for congestive heart failure at select providers.	In addition to 2021 benefit: MovN app – with a \$0 copayment. <i>MovN is a virtual cardiac rehab program that can be completed from the comfort of home. It uses a digital app, remote monitoring tools, a one-on-one dedicated coach, and a personalized treatment plan to help members improve their cardiac health, live longer, and avoid hospitalization by adopting and maintaining a healthy lifestyle.</i>
Weight management	\$75 reimbursement	\$100 reimbursement
Ovia app <i>Maternal health app lets you track appointments, symptoms, baby development, and much more.</i>	Not available in 2021	\$0 copayment

This summary is designed to highlight the benefits of the plan being offered and does not detail all benefits, limitations, or exclusions. It is not a contract and may be subject to change. For more detailed information, a membership certificate is available for your review upon request.