



A plan for life.

**Capital District Physicians' Health Plan, Inc.
CDPHP® HMO**

Side by Side Comparison of Benefit Changes 2022 to 2023

Benefits	Your 2022 Benefit	Your 2023 Benefit
<p>Doula Coverage <i>A doula is a trained professional who provides education and support to a mother before, during, and shortly after childbirth.</i></p>	Not available in 2022	\$1,500 reimbursement (once per pregnancy per qualified member)
<p>aptihealth app <i>Members ages 5+ have access to quick and affordable mental health and substance use services from a video-enabled smartphone, laptop, or tablet.</i></p>	New offering in 2022 for a \$20 copayment	No copayment
<p>Fitness reimbursement</p>	Up to \$400 per plan year for subscriber and a combined \$200 per plan year for covered dependents for qualified fitness activities or youth sports fees.	Up to \$400 per plan year for subscriber and a combined \$200 per plan year for covered dependents for qualified fitness activities, youth sports fees, or fitness trackers/Apple watches (Up to \$200 subscriber and up to a combined \$100 for covered dependents of the reimbursement can be applied for fitness trackers/Apple watches).
<p>Life Points</p>	Administered by CaféWell	Administered by Virgin Pulse

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.