



A plan for life.

# Medicare Advantage **Healthy Extras**

*Services and Programs for Your Life*





# Wellness for You and Your Wallet

Being healthy is more than just not being sick. The choices you make every day all add up and make a difference in your quality of life.

As a CDPHP® Medicare Advantage member, you get more than great health insurance. You have access to no-cost programs, resources, and tools to help you get and stay healthy.

No matter your health status or health goals, CDPHP gives you what you need and want to live life to its fullest.



# Hearing Coverage with Every Plan

## Hearing

All CDPHP Medicare Advantage members are eligible for our hearing health program through Hearing Care Solutions. With this program, you:

- ▶ Get a comprehensive hearing exam, evaluation, and hearing aid fitting
- ▶ Choose two hearing aids and pay as little as \$199 for each
- ▶ Receive a three-year supply of batteries (up to 192 cells per ear)
- ▶ Enjoy a three-year warranty, including loss, damage, and repair (a deductible applies to all warranties)
- ▶ Get one year of follow-up care at no charge\*, including routine visits and in-office repairs



*\* Routine services for the first year are with original provider. Any services during the first year not administered by the original provider are subject to charges at the provider's discretion.*

*Hearing coverage is a Value Added Benefit (VAB), not a covered Medicare Part A or Medicare Part B benefit. Member is responsible for copay even if the Maximum Out-of-Pocket for In-Network Medicare covered benefits has been met.*



# Emotional Wellness and Mental Health Resources

Whether you're adjusting to being retired, are facing a new medical diagnosis, or are living with an ongoing health issue, CDPHP is here for you.

## Help at Home and Companionship

Enjoy 30 hours of support services from a trained Papa Pal. These compassionate and enthusiastic Pals can provide:

- ▶ Companionship - chat, play board games, watch a movie, take a walk
- ▶ Transportation - appointments, grocery store, errands
- ▶ Help around the house - light cleaning, meal prep, organizing
- ▶ Technology assistance - computers, smartphones, tablets, and social media



## Mental Health Resources

- ▶ Access mental health resources by phone 24/7. You can receive personal assistance to help connect you to the care you need.
- ▶ You can also get video doctor visits with a licensed mental health care professional if you'd prefer a virtual visit from home.



## CDPHP Hospital to Home

Receive concierge-level service from the moment you're admitted to the hospital.\* The CDPHP Patient Care Team, made up of doctors, nurses, social workers, and benefit specialists, work around-the-clock on your behalf to keep you and your loved ones supported and well-informed.



## At-home Meal Delivery

After an in-patient stay at a hospital, skilled nursing facility or rehab facility, get 14 nutritious meals (two meals a day for seven days) delivered to your door so you can take the worry out of meal prep and focus on continuing to heal.



\* Available at select facilities within the CDPHP coverage area.

# Pharmacy and Health Resources

Whether you need extra support with your prescription medications or help with an ongoing health condition, CDPHP is here for you.

## Rx for Less

If you have prescription drug coverage, you can enjoy deep discounts on certain generic drugs when purchased at participating pharmacies. Some generic drugs are available for as little as a penny a pill.

For a list of discounted drugs, please visit [www.cdphp.com/medicare/drug-coverage](http://www.cdphp.com/medicare/drug-coverage)



## CDPHP MedCheck

Receive a no-cost medication review with a pharmacist to talk about your medication and ask questions you may have about cost saving options or avoiding side effects.

If you're living with one or more ongoing health conditions, you may be eligible for programs and resources to help you manage symptoms and achieve day-to-day health goals.



## CDPHP Price Check

Use this tool to take the mystery out health care costs. Get estimates on a range of health care services before you choose a provider, and take control of your health care as you compare prices and plan for expenses.



## CDPHP Care Team

Call the CDPHP Care Team to speak with certified health professionals that can help you stay on track and manage ongoing health conditions like diabetes or congestive heart failure. Members of the CDPHP Care Team can recommend services and tools to monitor your health, and improve your quality of life.



# A Hub for Better Health

Get easy access to personalized programs designed to help you achieve your unique health and wellness goals with the **CDPHP Health Hub, powered by Virgin Pulse.**

## Personalize the experience

Engage with resources that best fit your interests. Get customized tips to help you eat healthy, stay active, reduce stress, and more!

- ▶ **Healthy Habits:** Select your goals and track progress every day.
- ▶ **Journeys®:** Trying to exercise more? Need to improve your sleep habits? Use this digital coaching tool to make simple changes to your routines, one small step at a time.

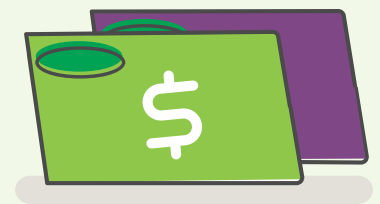
Access the CDPHP Health Hub at [join.VirginPulse.com](https://join.VirginPulse.com) or download Virgin Pulse in your app store.



## Earn rewards

- ▶ Explore customized wellness resources and earn points for healthy choices you make every day.
- ▶ Earn up to **\$125 in CDPHP Life Points® Rewards** redeemable for gift cards.

*Check your plan documents for more information about Life Points Rewards eligibility.*



## Eat healthy

- ▶ Access the Nutrition Guide in the Health Hub to choose your eating profile and find personalized recipes.
- ▶ Consult with a registered dietitian<sup>†</sup> to help you make a plan to eat well.

## Get reimbursed for weight management

- ▶ Get healthy, lose weight, and **get reimbursed up to \$100** for participating in a qualified weight loss program like WW or Noom.

<sup>†</sup>Cost share may apply.



# Even More to Keep You Healthy

## CDPHP Senior Fit®

- ▶ Enjoy no-cost access to SilverSneakers locations in your neighborhood and across the country. SilverSneakers also offers online, at-home workout options so you can stay fit even when the gyms are closed.
- ▶ Get unlimited access to the fitness center, 25-yard lap pool, and more at CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center.



## Part D Vaccines at No Cost

Get the vaccines you need, with many Part D vaccines available for \$0. Including, but not limited to:

- ▶ \$0 for Shingrix, the shingles vaccine
- ▶ \$0 vaccines for diphtheria, tetanus, and whooping cough

Talk to your doctor about what vaccines are right for you.



## Living Well with Diabetes

Pay no more than \$35 for a 30-day supply of insulin. Receive a blood glucose monitor (limited to one per year) and blood glucose test strips (limited to a 90-day supply) at no cost from a CDPHP preferred vendor. Take advantage of low copays for other diabetic supplies. Gain access to the CDPHP Care Team at 800-365-4180 to help you get started.



## Connect with us!

Tell us what you think at  
[insights.cdphp.com/join](https://insights.cdphp.com/join) 

Get fitness tips, wellness ideas,  
and more! Follow us on social  
and visit [blog.cdphp.com](https://blog.cdphp.com).



### Discrimination is Against the Law:

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits,<sup>®</sup> Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP<sup>®</sup>) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

### Multi-language Interpreter Services:

**ATTENTION:** If you speak a non-English language, language assistance services, free of charge, are available to you. Call 1-888-248-6522 (TTY: 711).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-248-6522 (TTY: 711)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-248-6522 (TTY : 711)

CDPHP<sup>®</sup> is an HMO and PPO with a Medicare contract. Enrollment in CDPHP Medicare Advantage depends on contract renewal.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,<sup>®</sup> Inc.  
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Current Members: (518) 641-3950 or 1-888-248-6522; TTY/TDD: 711  
Prospective Members: (518) 641-3400 or 1-888-519-4455

[www.cdphp.com](https://www.cdphp.com)

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