

# CDPHP<sup>®</sup> Family Planning Benefits Guide



This guide lists just a few of the many health benefits available to you and your family. Refer to your benefit materials or log in to [member.cdphp.com](https://member.cdphp.com) to learn more about your specific coverage.

SERVICES	COVERAGE	NOTES
<b>CONTRACEPTION</b> <i>(Not applicable for religious exempt groups)</i>		
Oral contraception	No charge for FDA-approved, formulary oral contraceptives	Prescription drug coverage is not required.
Long acting reversible contraception <i>Includes intrauterine devices (IUDs) and contraceptive implant systems.</i>	Covered	Devices, device insertion, and removal covered in full if Women's Health Mandate applies per member contract. Pregnancy test required prior to insertion is subject to member cost-share per benefit plan.
<b>PREPARING FOR PREGNANCY</b>		
Ovia <sup>®</sup>	No charge for eligible members	See page 4 for details. More info at <a href="https://connect.oviahealth.com/en/CDPHP">connect.oviahealth.com/en/CDPHP</a> .
Preconception care <i>Includes physical exam, immunizations, screening for domestic violence, STD testing and treatment, and more. Talk with your doctor about this type of care.</i>	Covered for women and men	Subject to member cost-share per benefit plan. See the <i>CDPHP Guidelines for Preventive Care</i> at <a href="https://cdphp.com/preventive-care">cdphp.com/preventive-care</a> , or talk with your doctor.
Folic acid	No charge / Covered	Prescription drug coverage is not required.
Infertility treatment	Covered	Services for diagnosis and certain treatments are covered. Subject to member cost-share per benefit plan.
Pregnancy testing	Covered	Subject to member cost-share per benefit plan. Pregnancy tests are offered at all participating OB/GYN and family practice offices, as well as Labcorp and in-network hospitals.
<b>SUPPORT FOR HEALTHY LIVING</b>		
Support for healthy eating and wellness	No charge for eligible members	Explore customized well-being resources and nutritional guidance to help you make healthy choices each day through the CDPHP Health Hub, powered by Virgin Pulse. <a href="https://join.virginpulse.com">join.virginpulse.com</a> .
Smoking cessation support <i>Over the phone, with your doctor, or with a group</i>	No charge / Covered	See page 3 for details.
CDPHP Wellness classes	No charge	See class listings at <a href="https://cdphp.com/classes">cdphp.com/classes</a> .

Your cost-share (the amount you pay out-of-pocket) will depend on your specific benefit plan. Call the CDPHP **member services department** at the number on your member ID card with benefit questions.

# CDPHP Maternity Benefits Guide

CDPHP provides comprehensive maternity coverage to help you have a healthy pregnancy and baby. For a complete list of maternity benefits, refer to your plan materials or log in to [member.cdphp.com](https://member.cdphp.com). Self-funded members should check their summary of benefit description (SBD) to determine what’s covered under their plan.

SERVICES	COVERAGE	NOTES
<b>HEALTH CARE SERVICES</b>		
Prenatal care <i>Includes routine visits, screenings, tests (such as glucose tolerance test), and important immunizations (such as Tdap, COVID-19, and flu shots)</i>	Covered	Initial visit to confirm pregnancy is subject to member cost-share per benefit plan.
Prenatal ultrasounds	Covered	Up to three obstetric ultrasounds per routine pregnancy.
Delivery and inpatient maternity care	Covered	Subject to member cost-share per benefit plan.
Newborn nursery care	Covered	Subject to member cost-share per benefit plan.
Postpartum home health care, if medically needed	Covered when arranged by CDPHP	No cost for one visit for women who leave the hospital sooner than 48 hours for a vaginal birth (96 hours for a C-section). Other home health visits subject to member cost-share.
Care management for high-risk pregnancies	No charge	If you’re experiencing a high-risk pregnancy, the CDPHP Care Team, comprised of nurses, dietitians, and care coordinators, are available to help. Call 1-888-942-3747 and be referred to a member of the CDPHP Care Team.
Genetic screenings <i>Prior authorization may apply</i>	Covered	Includes basic chromosomal screenings. Other screenings and further follow-up may be subject to member cost-share per benefit plan.
Postpartum care	Covered	A visit with your OB/GYN is recommended after your baby is born. Talk to your doctor about the best time for this visit. For help scheduling a postpartum appointment, call (518) 641-4800 and press 2.
<b>PHARMACY</b> <i>(Covered for members with prescription drug coverage through CDPHP)</i>		
Prenatal vitamins	Covered with prescription	Refer to your pharmacy benefit.
Progesterone treatment to help prevent premature birth	Covered	Talk to your OB/GYN to find out if progesterone treatment is right for you.

Expecting? We have you covered.

Visit [cdphp.com/pregnancy](https://cdphp.com/pregnancy) to learn more about the resources available to support you during your pregnancy.

SERVICES	COVERAGE	NOTES
<b>SUPPORT FOR NEW AND EXPECTING PARENTS</b>		
Ovia Pregnancy and Ovia Parenting	No charge for eligible members	See page 4 for details. More info at <a href="https://connect.oviahealth.com/en/CDPHP">connect.oviahealth.com/en/CDPHP</a> .
Doula support	Eligible members may be reimbursed up to \$1,500 per pregnancy for services provided by a certified and/or trained doula.	For help finding a certified and/or trained doula, ask your doctor (or OB/GYN) or contact the CDPHP Care Team at <b>1-888-942-3747</b> .
Childbirth or parenting classes	Eligible members may be reimbursed up to \$75 total per contract in a benefit year.	Check the class listings at your local hospital or ask your OB/GYN about availability. Get reimbursed after completing the class. Learn more at <a href="https://cdphp.com/pregnancy">cdphp.com/pregnancy</a> .
Smoking cessation support <i>Over the phone, with your doctor, or with an app</i>	No charge	Receive one-on-one support from a quit coach through CDPHP® Smoke-Free™. Call 1-866-697-8487 or join online at <a href="https://cdphp.com/quitsmoking">cdphp.com/quitsmoking</a> .
	Covered	Your PCP can provide focused counseling, as well as a written prescription. Up to eight visits per benefit year up to a maximum of three consecutive or non-consecutive years.
	No charge for eligible members	Receive group support over the phone or through the app, Pivot, and a two week supply of nicotine patches or gum at no cost. Pivot is a self-paced app proven to help you reduce or quit tobacco use.
Behavioral health support <i>Including help with depression, postpartum depression, substance use, or other concerns</i>	Covered	Call 1-888-320-9584 between 8 a.m. and 6 p.m., Monday through Friday. You'll be referred to a member of the Care Team. For urgent after-hours support, call the crisis hotline at 1-855-293-0785.
Help with finding an OB/GYN or pediatrician	No charge	Visit <a href="https://findadoc.cdphp.com">findadoc.cdphp.com</a> to find the right provider or facility for you.
Help with enrolling baby in health insurance	No charge	<b>Medicaid Members:</b> For assistance, call the CDPHP State Programs Enrollment Line at 1-844-237-4773. <b>Commercial Members:</b> Contact your employer within 30 days to add your baby to your plan.
<b>BREASTFEEDING EQUIPMENT AND SUPPORT</b>		
Breastfeeding classes	Covered in full	Check the class listings at your local hospital or ask your OB/GYN about availability. Get reimbursed after completing the class.
Breast pump	One standard pump per pregnancy covered at a participating vendor with a doctor's prescription	Visit <a href="https://cdphp.com/postpartum">cdphp.com/postpartum</a> and click <b>Breastfeeding Support Guide</b> or call member services at the number on your ID card to find participating vendors.
Lactation counseling	No charge	To find a lactation consultant near you, search "lactation" at <a href="https://findadoc.cdphp.com">findadoc.cdphp.com</a> , or ask your OB/GYN, child's pediatrician, or place of delivery for their recommendations. Get reimbursed for any out-of-pocket expenses.
Breastfeeding support from a local Baby Café™	Free and open to the public	Visit <a href="https://babycafeusa.org">babycafeusa.org</a> to find a Baby Café near you.

**DID YOU KNOW?**  
Breast pumps are covered!

Your cost-share will depend on your specific benefit plan. Call the CDPHP **member services department** at the number on your member ID card with benefit questions.

## Supporting the Journey to and Through Parenthood

CDPHP is collaborating with Ovia Health™ to provide eligible members with personalized guidance and coaching to support their health and family building goals.

With each Ovia Health app, members have access to:

- ✓ Daily personalized articles and tips to help you achieve your goals
- ✓ Unlimited in-app messaging with an Ovia Health coach
- ✓ Information about your fertility, maternity, and family benefits as a CDPHP member
- ✓ Career and return-to-work programs



Support for health tracking and starting a family



Support for your healthiest, happiest pregnancy



Support for the early years of parenting

Get started with Ovia Health!

1. Download the app that's right for you
2. Select **"I have Ovia Health as a benefit"** during signup
3. Select **"CDPHP"** as your health plan



Already have an Ovia app on your phone?

1. Open the **"more"** menu
2. Tap **"My healthcare info"**
3. Select **"CDPHP"** as your health plan

Ovia Apps are also available in Spanish



Get started on your **journey to good health** today.

### 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）。