

Section 15

Wellness Programs

Table of Contents—Wellness Programs

CDPHP Health Hub	15-3
Community Wellness Classes	15-3
Diabetes	15-3
Hypertension	15-3
Smoking Cessation	15-4
Weight Management	15-4
Senior Fit® Program	15-4
CDPHP Fitness Connect at the Ciccotti Center	15-5
Family Health	15-5

Section 15

Wellness Programs

CDPHP values the physician-patient relationship as a key component for maintaining optimal health. We complement your own educational efforts by encouraging and promoting healthy lifestyle choices, disease prevention, self-care, and preventive health care.

CDPHP Health Hub

Beginning in 2023, CDPHP is collaborating with Personify Health (formerly Virgin Pulse) to offer members a powerful wellness program right at their fingertips. Members have the ability to build healthy habits and improve their well-being.

The CDPHP Health Hub can help members:

- Manage their health by tracking important checkups and cancer screenings
- Cut back or quit smoking and vaping
- Eat well with a personalized nutrition guide and registered dietitian visits
- Exercise more, sleep better, manage stress, and much more.

CDPHP Life Points® Rewards

Eligible members can earn CDPHP Life Points® Rewards for participating in healthy activities.

Commercial and Medicare members move through levels and earn points. When they reach milestone levels, they unlock rewards that can be redeemed for gift cards.

Medicaid members earn points for closing gaps in care that can be automatically redeemed for gift cards.

CDPHP Wellness Classes

CDPHP is proud to offer access to a variety of free community wellness programs, as well as online classes that can be taken from home.

CDPHP wellness classes range in topics from nutrition and fitness, to stress management, family health, and mental well-being.

To learn more about the wellness programs and digital classes available, visit: www.cdphp.com/classes

Diabetes

CDPHP offers wellness programs specific to diabetes prevention and management, and a number of diabetes-specific nutrition and fitness classes throughout the year.

Our core online health and wellness program — the CDPHP Health Hub — offers evidence-based content on a number of health topics, including diabetes prevention.

Through the CDPHP Health Hub, commercial and Medicare members at risk of developing type 2 diabetes are offered free access to Transform Prediabetes, a digital CDC-recognized diabetes prevention program.

Hypertension

CDPHP offers educational programs designed to assist members in managing high blood pressure by achieving a healthy lifestyle through proper nutrition, stress management, physical activity, and medication compliance. CDPHP also offers a number of heart-healthy nutrition and fitness classes throughout the year.

Classes are offered throughout the communities that we serve through our community wellness class schedule, at provider offices, and in partnership with employer groups that carry CDPHP health insurance.

Smoking Cessation

For patients who want to quit using tobacco products, CDPHP offers a range of smoking cessation resources available to eligible members at no cost. These include:

- **Pivot**, an interactive, personalized stop-smoking program, delivered via a smartphone app and designed to address all forms of tobacco use. The program features a first-of-its-kind breath sensor, nicotine replacement therapy, a 1:1 dedicated coach, and community support from peer participants.
- **CDPHP Smoke-Free™**, which offers participants up to eight telephonic counseling sessions with a specialized quit coach, plus up to 16 weeks of nicotine replacement therapy, such as patches, lozenges, or gum.
- **The Butt Stops Here**, a group-based, community support program that includes a complimentary two-week supply of nicotine patches or gum.

Members can consult www.cdphp.com/quitsmoking for more information about how to access these and other programs, as well as their medical benefits related to tobacco cessation.

Weight Management

CDPHP offers members a wide variety of weight management support resources to assist members in achieving personal health goals. Members can find more information about the following resources at www.cdphp.com/members/wellness

Fitness Reimbursement: CDPHP eligible members can be reimbursed up to \$400 per benefit year for going to the gym, and their covered spouse or domestic partner can earn up to \$200 - a total of \$600! Advise members to review their plan contract or call member services to confirm whether this benefit applies to their plan. Beginning in 2024, parent and infant classes, including swim classes and yoga, are eligible for reimbursement under the fitness reimbursement benefit.

Wearable Fitness Device Reimbursement: Eligible members can be reimbursed up to \$200 for a qualified device (as part of the \$400 fitness reimbursement maximum), and covered dependents can be reimbursed up to a combined \$100 for qualified devices (as part of the additional \$200 maximum).

Nutritional and Weight Management Counseling: Members can work with their primary care providers to get connected with a registered dietitian who can help develop personalized, effective weight-loss plans, manage chronic diseases, and provide nutritional guidance. In addition, members can schedule telenutrition visits with a Foodsmart registered dietitian. Visit www.cdphp.com/nutrition for more information. (Visits with RDs are subject to applicable deductibles, copayments, coinsurances, and/or group-specific contract limitations.)

Weight Management Reimbursement: Eligible members can be reimbursed up to \$100 for participating in a qualifying weight management program.

Senior Fit® Program

Through CDPHP Senior Fit®, Medicare Advantage members have no-cost access to numerous programs, gyms, and wellness centers where they can exercise, socialize, and improve their lifestyles.

SilverSneakers®

The SilverSneakers® program offers a national network of gyms and fitness centers where Medicare Advantage members can use equipment and attend fitness and wellness classes. Many sites feature saunas, steam rooms, and heated pools, as well as easy, convenient parking. For more information or to find a participating location, call 1-888-423-4632 or visit www.silversneakers.com.

SeniorFit

The CDPHP Senior Fit program provides an array of no-cost wellness options for older adults of all lifestyles and activity levels, ensuring living and staying well, as mentioned above. This program is available at CDPHP Fitness Connect at the Ciccotti Center, where members have access to cardio and strength-training equipment, a 25-yard lap pool, group exercise classes, and more.

CDPHP Fitness Connect at the Ciccotti Center

This state-of-the-art, multi-purpose facility is the first and only medical fitness complex in New York state. Members have access to a fitness center with cardio and resistance equipment, a 25-yard lap pool, group exercise studios, massage therapy, and more.

- **Group Exercise Classes**—CDPHP Fitness Connect at the Ciccotti Center also offers group exercise classes ranging from yoga to Zumba. Classes are taught by certified instructors who want to motivate members to achieve their fitness goals, whether they're fitness fanatics or beginners.
- **Kids on the Move Reimbursement Program**—This eight-week individualized medical fitness program is designed to help CDPHP member dependents (ages 7-15) to get fit and become active. Eligible members can be reimbursed for participation.
- **MyFitRx**—CDPHP is proud to offer MyFitRx at CDPHP Fitness Connect at the Ciccotti Center. MyFitRx is an eight-week fitness program for CDPHP members age 16+ living with chronic disease, managing medical conditions, or needing additional support to improve their level of physical activity. The program provides eligible members access to ten therapeutic fitness programs that are available with a physician's referral: Cancer Fitness, Cardiac Fitness, Cognitive Health, Diabetes Fitness, Fit for Surgery, Functional Fitness, Orthopedic Fitness, Pulmonary Fitness, Transitional Care, and Weight Management. The cost to CDPHP members is \$50. The cost to non-members is \$99.

Family Health

CDPHP is committed to improving access to care, quality of care, and health outcomes for women, infants, and families. In 2022, CDPHP partnered with Ovia Health to provide members with comprehensive support during some of life's biggest transitions: Managing reproductive health, planning/starting a family, navigating pregnancy, balancing life as a working parent, and managing menopause.

Ovia Health

Ovia Health is a digital solution that provides support and education to members to help them achieve their health goals. Ovia provides clinically validated education, resources, and reminders that are personalized to a member's unique situation to help keep them on track to good health.

With Ovia Health, members have access to:

- Unlimited access to 1-on-1 coaching from the Ovia Health coaching team
- Health and menstrual cycle trackers
- Digital pregnancy calendar and daily baby updates
- Development checklist and milestone tracker for children up to age five
- Parental well-being tips
- Daily health and wellness content, including personalized articles and tips
- Health assessment and symptom tracking
- Career and return-to-work programs
- On-demand access to CDPHP benefit information
- Menopause support

Incentives and Reimbursements

To emphasize the importance of prenatal and postpartum care for members, CDPHP offers incentives to eligible commercial and Medicaid members for attending postpartum visits and for engaging with Ovia Health (incentivized for commercial members only at this time).

CDPHP also offers commercial members a Doula Reimbursement benefit of up to \$1,500 for services rendered by a qualified and/or trained doula, as well as a Parenting Preparation reimbursement of up to \$75 for educational classes, such as infant CPR.

Members can also access additional pregnancy and postpartum resources on the CDPHP Family Health Hub at www.cdphp.com/familyhealth.

