



# CDPHP® Health Resources

## Getting and Staying Healthy



### The CDPHP Health Hub

Explore customized well-being resources and nutritional guidance to help you make healthy choices each day. Earn CDPHP Life Points® Rewards that can be redeemed for gift cards.\* Find out more by visiting [cdphp.com/health-hub](https://cdphp.com/health-hub).



### The CDPHP Care Team

Talk one-on-one with a nurse, registered dietitian, or pharmacist to get more information on a variety of health issues, ask questions about medications, receive help monitoring your health, and more. Call **1-877-222-1240** to chat with the team between 9 a.m. and 5 p.m. Monday through Friday.



### Get Care from Anywhere

Live video doctor visits 24/7 for physical and mental health from your smartphone, tablet, or computer. Visit [cdphp.com/virtualcare](https://cdphp.com/virtualcare) to learn more about MD Live® and other virtual care options.



### Mental Health Support

Receive personal assistance for mental health concerns by calling the number on the back of your member ID card. For urgent help, text **988** to reach the NY State Crisis Lifeline. Visit [cdphp.com/help](https://cdphp.com/help) for more information.



### Get Support from Home

Ask questions between appointments, get help to stop smoking, support with prescription refills, or chat with a provider about care instructions with the Wellframe® mobile app. Visit [wellframe.com/download](https://wellframe.com/download) and use the code [cdphpwelcome](https://cdphp.com/welcome) to get started.



### Reproductive, Family Support, and Women's Health

From cycle tracking and trying to conceive, to pregnancy and parenthood, Ovia Health™ has programs to fit your family planning needs. Also, get support and guidance to manage menopause with confidence. Visit [cdphp.com/ovia](https://cdphp.com/ovia) for more details.



### Physical Therapy at Home

Manage pain, regain strength, and get back to being you with video visits from the comfort of your home. Vori Health provides virtual visits and personalized treatment plans. Visit [cdphp.com/find-a-doctor/virtual-care](https://cdphp.com/find-a-doctor/virtual-care) to learn more.

*\*Life Points Rewards are available on most employer group plans.*

## Getting and Staying Healthy with Wellness and Rewards



### Fitness Reimbursement

Eligible members can be reimbursed up to \$600 per plan year (\$400 for subscriber, \$200 combined for covered dependents) for going to the gym, youth sports fees, parent and baby classes, fitness classes, digital fitness classes, and wearables fitness devices. Please note there is a cap on how much of your reimbursement amount can be used for qualified devices.



### Weight Management Reimbursement

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



### MyFitRx™ Reimbursement

Eligible members can be reimbursed up to \$50 per benefit year for completing MyFitRx (for ages 16+) at CDPHP Fitness Connect at the Ciccotti Center.



### Childbirth and Parenting Preparation Reimbursement

Eligible members can be reimbursed up to \$75 for in-person or digital parenting preparation education classes such as childbirth, newborn care, or child and baby CPR.



### Doula Reimbursement

Eligible members can be reimbursed up to \$1,500 for in-person or digital services provided by a certified and/or trained doula.

Learn more and submit for reimbursement by visiting [member.cdphp.com](https://member.cdphp.com).

For more health resources, visit [cdphp.com/programs](https://cdphp.com/programs).

*Please check your policy for specific wellness benefit eligibility information.*

### Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits, Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP®) 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

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）。

