

Physical therapy from home with Vori Health

Back, joint, or muscle pain can have a big impact on your daily life. That's why CDPHP® has teamed up with Vori Health to make physical therapy easier and more convenient for you.

Through Vori Health, an independent company, members have access to virtual physical therapy and musculoskeletal (back, neck, and joint) health care.

Is virtual physical therapy right for me?

Be sure to consult with your primary care doctor or specialist on what treatment is best for you. If your doctor recommends physical therapy, virtual physical therapy might be a convenient way to access care.

You can also decide whether physical therapy is a good option for you through a virtual assessment.

When should you see a physical therapist?

If you have back, joint, or muscle pain that is:

- ▶ Persistent or lasts longer than four weeks, or
- ▶ Not relieved by position/posture or is getting worse over time.



Personalized treatment including physical therapy and more



Convenient video visits



Non-opioid pain medication and imaging if needed



Medical evaluation and diagnosis



Support to help manage pain, regain strength, and enjoy life

To learn more about virtual options for physical therapy, including Vori Health, log in to your member account at member.cdphp.com.

How does Vori Health work?

Vori Health works by designing a treatment plan around you. By getting to know you, they can help get you back to living how you want.

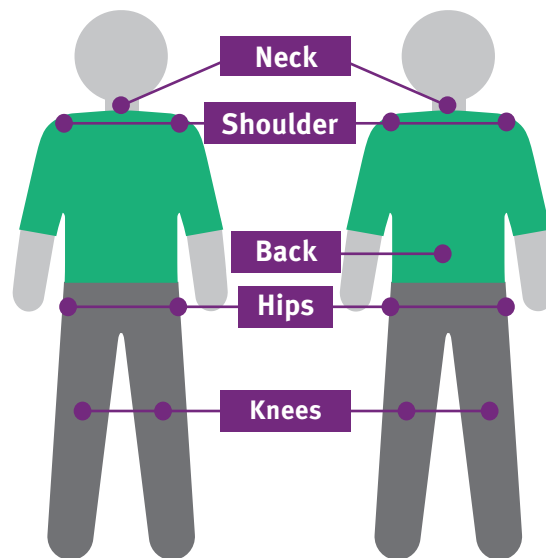
1. First, you will have an initial consultation video visit with doctors and therapists specializing in muscle and joint conditions to capture a 360° view of your health.
2. Next, you'll receive a personalized treatment plan that can include physical therapy, medication changes or reductions, nutritional counseling, and/or healthy lifestyle coaching.
3. From here your care team will help support and guide you through your treatment plan to achieve your goals.
4. Your treatment plan and any related exercise videos will be available to you 24 hours a day on the Vori Health website and their mobile app.

Virtual PT visits with Vori health may be covered in the following ways:

If your doctor's visits are subject to deductible, a telemedicine visit will be covered in full after deductible.

If your doctor's visits are a copay with no deductible, your visit will be covered in full.

Here are some of the common areas treated by Vori Health Orthopedic Specialists:



Vori Health is an independent company that offers virtual musculoskeletal (back, neck and joint) health care and physical therapy services to CDPHP members.

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）。