

CDPHP® Health Resources



Helping Members Get and Stay Healthy

CaféWell®

An interactive health and wellness website that provides personalized activities. Earn Life Points® that can be redeemed for gift cards*. Login at member.cdphp.com and click on the CaféWell box to get started.

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 [1-800-365-4180](tel:1-800-365-4180) to chat with the team between 9 a.m. and 5 p.m. Monday through Friday.

Doctor On Demand®

Through live video, a doctor can review symptoms and recommend treatment 365 days a year, 24/7. Doctor On Demand physicians treat hundreds of health conditions, such as colds, indigestion, rashes, sprains, and more. Visit doctorondemand.com/cdphp/join to register for your free account.

Gym Reimbursement

Get reimbursed for working out! 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! See your plan contract or call member services to confirm that this benefit applies to your plan. Visit www.cdphp.com/GymReimbursement for complete benefit rules and details.

Weight Management Reimbursement

Eligible members can be reimbursed up to \$75 for participating in a qualifying weight management program. To learn more, visit www.cdphp.com/weight-management.

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



For more health resources, visit www.cdphp.com/wellness

Zipongo®

An app that helps you make healthier food choices at home and on the go. Receive meal planning support, personalized recipe recommendations, deals on healthy foods at your favorite stores, and more! Log in to your member account at member.cdphp.com and click on the CaféWell box to register.

Mental Health Support

Get personal assistance and connected to a variety of resources for coping with mental health issues. Call **1-888-320-9584** between 8 a.m. and 6 p.m. Monday through Friday. For urgent help after hours, call the crisis hotline at **1-855-293-0785**.

CDPHP® Smoke-Free™

CDPHP has partnered with Roswell Park Cancer Institute to offer CDPHP Smoke-Free, a no-cost telephonic smoking cessation program. Visit www.cdphp.com/quitsmoking for details and to join.

CDPHP Mom 2 Be

Receive a free pregnancy planner, healthy tips, a gift for your baby, and more. Call (518) 641- 4800 and press 1 or visit www.cdphp.com/pregnancy to get started.

Rx for Less

Get discounts on specific generic drugs when purchased at participating retailers. Visit www.cdphp.com/less for more information.

In Your Community

Free Gyms

Get and stay active by joining free gyms throughout the Capital Region. For more information, visit www.cdphp.com/fitnessconnect.

Free CDPHP Wellness Classes

As a CDPHP member, you have access to free wellness classes each year. To learn more, go to www.cdphp.com/classes or call (518)-641-4800.

CDPHP Customer ConnectSM

Get answers to your claims and benefit questions, request ID cards, enroll in a health plan, and more. Visit www.cdphp.com/CustomerConnect to find locations or to make an appointment.

For more information, please check your policy for specific wellness benefit eligibility information.



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）。

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