

# CDPHP® Health Resources



## In Your Community

### CDPHP Fitness Connect<sup>SM</sup>

Get and stay active by joining free gyms throughout the Capital Region. For more information, visit [www.cdphp.com/fitnessconnect](http://www.cdphp.com/fitnessconnect).

### Free Wellness Classes

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

### CDPHP Customer Connect<sup>SM</sup>

Meet with a CDPHP member relations specialist to get answers to your claims and benefit questions, request ID cards, enroll, and more.

#### The Healthy Living Center

(inside Hannaford)  
900 Central Ave., Albany  
[www.HealthyAlbany.org](http://www.HealthyAlbany.org)  
or (518) 729-4732

#### Capital Region Health Park

711 Troy-Schenectady Road,  
Latham  
(518) 640-6789

#### Rudy A. Ciccotti Family Recreation Center

40 Aviation Road, Albany  
(518) 640-6789

## Helping Members Get and Stay Healthy

### Weight Watchers® Rebate Program

Weight Watchers can help you eat healthier, get active at your own pace, and follow your weight-loss plan. Participate in a Weight Watchers program for a minimum of three months (meetings or online) and receive a rebate of up to \$75. Visit [www.cdphp.com/weight-management](http://www.cdphp.com/weight-management) to download the rebate form.

### The Healthier Generation Benefit

Your child may be eligible for comprehensive health benefits for the assessment, prevention, and treatment of childhood obesity. Visit [www.cdphp.com/healthykids](http://www.cdphp.com/healthykids) for more information.



Founded by the American Heart Association and the Clinton Foundation

### CDPHP® Smoke-Free<sup>TM</sup>

To help our members kick their smoking habit for good, CDPHP has partnered with Roswell Park Cancer Institute to offer CDPHP Smoke-Free, a no-cost telephonic smoking cessation program. For more details and to join, visit [www.cdphp.com/quitsmoking](http://www.cdphp.com/quitsmoking).

### CDPHP Mom 2 Be Program

Receive information and support tailored to your needs for every stage of your pregnancy and through your baby's first years. Call (518) 641-4800 and press 1 to get started or sign up at [www.cdphp.com/pregnancy](http://www.cdphp.com/pregnancy).



### Health Coach Connection<sup>SM</sup>

A trained health professional, such as a registered nurse or dietitian, can provide you with information on a variety of health concerns. Call [1-800-365-4180](tel:1-800-365-4180) to speak one-on-one with a trained health coach anytime, day or night.

## 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 [www.DoctorOnDemand.com](http://www.DoctorOnDemand.com) to register for your free account.



## Single-Source Referral Line

Have a health or benefits question and not sure who to ask? Call [1-888-94-CDPHP \(942-3747\)](tel:1-888-94-CDPHP) and leave a message. A qualified professional will call you back and connect you with the right resources.

## The Daily Dose and Health e-Updates

Visit [blog.cdphp.com](http://blog.cdphp.com) to check out our blog, *The Daily Dose*, for a personal take on a variety of health care topics. Sign up for our monthly e-newsletter, Health e-Updates, to stay up-to-date on health matters relevant to your life. Visit [www.cdphp.com/members](http://www.cdphp.com/members).

## Saving Money and Earning Rewards

### Rx for Less

Get discounts on specific generic drugs when purchased at participating retailers. Visit [www.cdphp.com/less](http://www.cdphp.com/less) for more information.

### Life Points® Rewards Program

CDPHP Life Points is part of CaféWell®, an interactive health and wellness website. If you receive your health benefits through your employer, you may be eligible for Life Points. Log in to [www.cdphp.com](http://www.cdphp.com) and look for the Life Points logo to learn more.



## Cool Tools

### My CDPHP Mobile App

Get instant access to information about your benefits on the go. View copay amounts and deductible balances, locate providers, and view, email, or fax your member ID card. Visit [www.cdphp.com/mobile](http://www.cdphp.com/mobile) or download from your app store.

### CDPHP Insights™

Add your voice to the mix! CDPHP Insights is an online community made up of health care consumers sharing valuable feedback. Join today at [insights.cdphp.com/join](http://insights.cdphp.com/join).

*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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