



Member Education Materials

Welcome to CDPHP.
We're glad you're here.

CDPHP® continues to innovate with products and services designed to meet your needs and help you access health care in a way that works best for you.

This packet includes information about:

RX FOR LESS

HEALTH RESOURCES

CAFÉWELL®

FOODSMART™

CDPHP PRICE CHECK™

DOCTOR ON DEMAND®

PREVENTIVE CARE GUIDELINES

LOGGING INTO YOUR ACCOUNT

BROOK



I'm not feeling well. Where do I go?

Do you feel safe to wait at least a day?

YES NO



Do you feel safe to wait a few hours?

YES NO

Did you call your doctor?

NO YES

I could not schedule a same day appointment.

Call or see your doctor



Go to urgent care



Go to the ER or call 911



TIP:

Most doctors provide after-hours coverage. Ask your doctor about the best way to contact the office when they are closed.

Telehealth options may be available. Talk with your provider, or see the reverse side for more details.

Are you a CDPHP member?

See the reverse side for more benefits available to you.



Rx for Less

Medications for as Low as a Penny a Pill



With Rx for Less, CDPHP® members with prescription drug benefits can get deep discounts on specified generic drugs when purchased at any CVS/pharmacy, Hannaford, Market 32, Price Chopper, ShopRite, Target, or Walmart.

Effective October 1, 2017 | *Drugs and prices below are subject to change at anytime.*

Drug Label Name	Maximum Quantity	Rx For Less Price for Max. Rx Quantity
ANTI-INFLAMMATORY		
DICLOFENAC SOD 50MG EC, 75MG EC TAB	100	\$1.00
IBUPROFEN 400 MG, 600 MG, 800 MG TAB	100	\$1.00
INDOMETHACIN 25 MG CAP	100	\$1.00
MELOXICAM 7.5 MG, 15 MG TAB	100	\$1.00
NAPROXEN 375 MG, 500 MG TAB	100	\$1.00
ASTHMA		
ALBUTEROL NEB 0.083%	150	\$5.00
IPRATROPIUM NEB 0.2 MG/ML	150	\$3.00
MONTELUKAST 10MG TAB	100	\$1.00
BEHAVIORAL HEALTH		
BUSPIRONE 5 MG, 10 MG TAB	100	\$1.00
CITALOPRAM 20 MG, 40 MG TAB	100	\$1.00
ESCITALOPRAM 10MG, 20MG TAB	100	\$1.00
FLUOXETINE 10 MG, 20MG CAP	100	\$1.00
LITHIUM CARBONATE 150 MG, 300 MG CAP	100	\$1.00
NORTRIPTYLINE 10 MG, 25 MG CAP	100	\$1.00
PAROXETINE 10 MG, 20MG TAB	100	\$1.00
QUETIAPINE 50 MG, 100 MG TAB	100	\$5.00
QUETIAPINE 200 MG, 300 MG TAB	100	\$20.00
RISPERIDONE 0.25 MG, 0.5 MG, 1 MG, 2 MG TAB	100	\$1.00
SERTRALINE 25 MG, 50 MG, 100 MG TAB	100	\$1.00
TRAZODONE 50 MG, 100 MG, 150 MG TAB	100	\$1.00
VENLAFAXINE 37.5 MG, 75 MG, 150 MG CAP SR 24HR	100	\$1.00
BLOOD THINNER		
WARFARIN/JANTOVEN 1 MG - 10 MG TAB	100	\$1.00
CARDIAC/BLOOD PRESSURE		
ACE INHIBITORS		
BENAZEPRIL HCL 5 MG, 10 MG, 20 MG, 40 MG TAB	100	\$1.00
ENALAPRIL MALEATE 2.5 MG, 5 MG, 10 MG, 20 MG TAB	100	\$1.00
ENALAPRIL-HCTZ 5-12.5 MG, 10-25 MG TAB	100	\$1.00
FOSINOPRIL SODIUM 10 MG, 20MG, 40 MG TAB	100	\$1.00
LISINOPRIL 2.5 MG, 5 MG, 10 MG, 20 MG, 30 MG, 40 MG TAB	100	\$1.00
LISINOPRIL-HCTZ 10-12.5 MG, 20-12.5 MG, 20-25 MG TAB	100	\$1.00
QUINAPRIL 5 MG, 10 MG, 20 MG, 40 MG TAB	100	\$5.00
QUINAPRIL-HCTZ 10-12.5 MG, 20-12.5 MG TAB	100	\$5.00
RAMIPRIL 1.25 MG, 2.5 MG, 5 MG, 10 MG CAP	100	\$5.00
ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)		
IRBESARTAN TAB 75 MG, 150 MG, 300 MG TAB	100	\$20.00
LOSARTAN POTASSIUM 25 MG, 50 MG, 100 MG TAB	100	\$1.00

Rx for Less pricing is not applicable to mail-order drugs.

MORE ON THE NEXT PAGE ➔



Drug Label Name	Maximum Quantity	Rx For Less Price for Max. Rx Quantity
BETA-BLOCKERS		
ATENOLOL 25 MG, 50 MG , 100 MG TAB	100	\$1.00
ATENOLOL-CHLORTHAL 50-25 MG, 100-25 MG TAB	100	\$1.00
BISOPROLOL-HCTZ 2.5-6.25 MG, 5-6.25 MG, 10-6.25 MG TAB	100	\$1.00
CARVEDILOL 3.125 MG, 6.25 MG, 12.5 MG, 25 MG TAB	100	\$1.00
METOPROLOL ER SUC 25 MG, 50 MG, 100 MG TAB	100	\$1.00
METOPROLOL TARTRATE 25 MG, 50 MG, 100 MG TAB	100	\$1.00
PROPRANOLOL 10 MG, 20 MG, 40 MG, 80 MG TAB	100	\$1.00
CALCIUM CHANNEL BLOCKERS		
AMLODIPINE 2.5 MG, 5 MG, 10 MG TAB	100	\$1.00
DILTIAZEM 30 MG, 60 MG, 90 MG, 120 MG TAB	100	\$1.00
VERAPAMIL 80 MG, 120 MG TAB	100	\$1.00
DIURETICS		
BUMETANIDE 0.5 MG, 1 MG, 2MG TAB	100	\$1.00
FUROSEMIDE 20 MG, 40 MG, 80 MG TAB	100	\$1.00
HYDROCHLOROTHIAZIDE 12.5 MG CAP	100	\$1.00
HYDROCHLOROTHIAZIDE 25 MG, 50 MG TAB	100	\$1.00
SPIRONOLACTONE 25 MG, 50 MG TAB	100	\$1.00
TRIAMTERENE-HCTZ 37.5-25 MG CAP	100	\$1.00
TRIAMTERENE-HCTZ 37.5-25 MG, 75-50 MG TAB	100	\$1.00
OTHER – CARDIAC		
CLONIDINE 0.1 MG, 0.2 MG, 0.3 MG HCL TAB	100	\$1.00
GUANFACINE 1 MG, 2 MG TAB	100	\$1.00
TERAZOSIN 1 MG, 2 MG, 5 MG, 10 MG CAP	100	\$1.00
CHOLESTEROL (STATINS)		
ATORVASTATIN 10 MG, 20 MG, 40 MG, 80 MG TAB	90	\$10.00
LOVASTATIN 10 MG, 20 MG TAB	90	\$1.00
LOVASTATIN 40 MG TAB	90	\$5.00
PRAVASTATIN SODIUM 10 MG, 20 MG, 40 MG TAB	90	\$15.00
SIMVASTATIN 10 MG, 20 MG, 40 MG, 80 MG TAB	90	\$1.00
DIABETES		
GLIMEPIRIDE 1 MG, 2 MG, 4 MG TAB	100	\$1.00
GLIPIZIDE 5 MG, 10 MG TAB	100	\$1.00
GLIPIZIDE XL 2.5 MG, 5 MG, 10 MG TAB	100	\$1.00
METFORMIN HCL 500 MG, 850 MG, 1,000 MG TAB	100	\$1.00
METFORMIN HCL ER 500 MG, 750 MG TAB	100	\$1.00
GOUT		
ALLOPURINOL 100 MG, 300 MG TAB	100	\$1.00
OSTEOPOROSIS		
ALENDRONATE SODIUM 35 MG, 70 MG TAB *	12	\$3.00
STEROIDS		
PREDNISON 5 MG, 10 MG TAB	100	\$1.00
VITAMINS/SUPPLEMENTS		
FOLIC ACID 1 MG TAB	100	\$1.00

* Dosing schedule for Alendronate is 1 tab per week. Price shown is for 12 tabs (90-day supply).

Rx for Less pricing is not applicable to mail-order drugs.

Medicaid members are limited to a 30-day supply.

If you're a CDPHP Medicare Choices member, please review your Rx for Less listing at www.cdphp.com/save.

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）。



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*. Log in 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.

Foodsmart™

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](tel: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](tel: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/smoke-free 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.

A photograph of several kettlebells in various colors (purple, pink, blue, orange) in a gym setting. The kettlebells are arranged in a row, with the purple one in the foreground and the pink one to its right. The background is blurred.

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

* Life Points are available on most employer group plans.

Helping Members Save Money

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.

Rx for Less

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

Next Steps Fitness Programs™ and Kids on the Move Reimbursement

Eligible members can be reimbursed up to \$50 per benefit year for participating in and completing the Next Steps Fitness Program (for ages 16+) or the Kids on the Move program (for ages 7-15). Next Steps Fitness Programs™ are available at the Rudy A. Ciccotti Family Recreation Center and the Champlain Valley Physician's Hospital. Kids on the Move is available at the Rudy A. Ciccotti Family Recreation Center. To learn more, visit www.cdphp.com/fitness

Maternal Health Education Reimbursement

Eligible members can be reimbursed up to \$75. To learn more, visit www.cdphp.com/pregnancy

In Your Community

Free CDPHP Wellness Classes

As a CDPHP member, you have access to online fitness classes you can take from home. 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）。

20-15595 | 1020



Start down the path to good health with CaféWell®!

CaféWell is an interactive website that gives you the help you need to take control of your health. Through CaféWell, you tell us about yourself, and we provide personalized activities to help you meet your health goals.

How Does CaféWell Work?

- ▶ Take a Personal Health Assessment (PHA).
- ▶ Get started with healthy activities personalized to you.
- ▶ Discover tips, tricks, and articles to learn more about health and wellness.
- ▶ Track your health in real-time and get rewarded along the way.
- ▶ Earn Life Points® for completing healthy activities, then redeem your points for gift cards.



Get Started

STEP **1**

Create your member account.

Go to member.cdphp.com and click the **Register** link in the login box to create an account with a user name and password that will be easy to remember. You will need your member ID number from your ID card.

STEP **2**

Go to the CaféWell page.

When logged into your CDPHP account, get started with CaféWell by clicking **Go to CaféWell**. This will connect you with CaféWell.

STEP **3**

Register for CaféWell.

On the CaféWell registration page, you'll enter some basic information to set up your account. Once registration is complete, you can also answer a few questions that will help personalize your activities in CaféWell.

All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.

Mobile Phone Registration

As an additional option, you can also register for CaféWell on your smartphone. Simply download the mobile app from your app store then follow the steps below.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Register Now'. A short paragraph explains that CaféWell is available to individuals invited from their health plan, hospital, or employer, and asks for a sponsor code. A text input field contains 'cdphpfit'. A blue 'Submit' button is at the bottom.

1 Open the CaféWell app and enter sponsor code **CDPHPfit**. Click **Submit**.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Let's create your account'. A short paragraph asks to fill out information. Fields include: First name, Last name, Username, Email address, Mobile number (optional), Date of birth (dropdown), and Gender (dropdown).

2 Enter information to create your account.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Security questions'. A short paragraph asks to select three questions. Three questions are listed with radio buttons: 'What was the first name of your best friend from high school?', 'What is the middle name of your oldest child?', and 'What was the first name of your best childhood friend?'. A blue 'Next' button is at the bottom.

3 Select the security questions you wish to answer.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Security answers'. A short paragraph explains that answers are not case-sensitive. Three questions are listed with text input fields: 'What was the first name of your best friend from high school?', 'What is the middle name of your oldest child?', and 'What was the first name of your best childhood friend?'. Each field contains the word 'test'.

4 Input the answers to the security questions.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Maximize your experience!'. A short paragraph explains that CaféWell partners with CDPHP to provide tools and resources. A short paragraph asks for a Member ID. A short paragraph asks for a 9-digit Member ID and a 2-character Suffix. A text input field contains '10/11/1951'. A blue 'Verify' button is at the bottom.

5 Enter your CDPHP member ID number from your ID card.

The screen shows a 'Registration' header with a back arrow. Below it is the title 'Good afternoon'. A short paragraph says 'SPONSORED BY'. Below that are the CDPHP and LifePoints logos.

6 Start using CaféWell!

For questions, please contact CaféWell at 1-877-868-2003 or cdphp@cafewell.com.



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）。

Food is medicine. Eating well is made simple with Foodsmart™.

CDPHP® partners with Foodsmart, a digital nutrition platform, to help your employees make healthier food choices at home and on the go.

Foodsmart's food decision platform gives your employees the tools they need to improve their nutrition. Employees will connect through CaféWell®, download the Foodsmart app, and take the quick NutriQuiz to highlight areas in need of improvement. Your employees will also be asked if they're managing any chronic conditions such as hypertension or diabetes, and will be guided on how to modify their diets to improve their overall health.

Employees will also have access to the following:

- ▶ Grocery deals on healthy foods at favorite stores
- ▶ Personalized recipes
- ▶ Drag-and-drop meal planners
- ▶ Meal kit and frozen prepared meal delivery
- ▶ One-click grocery lists and online ordering
- ▶ Restaurant guidance – tips and tricks to make healthier choices at restaurants
- ▶ Telenutrition – consult with a registered dietitian via live video visit or telephone**

Foodsmart helps your employees take the guesswork out of healthy eating, whether they prefer to cook in or order out!

Employees can join now at www.cafewell.com/cdphp!

Earn
LifePoints®

All services may not be available with all plans.

* *All adults ages 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.*

** *Cost share may apply.*



Don't play a guessing game. Call for a CDPHP® Price Check™!

Shopping around is about gathering information and making educated decisions. We think you should have that option when it comes to health care. That's why we created CDPHP® Price Check, a new cost estimator service that gives you more planning power when it comes to your health care expenses.

CDPHP Price Check is designed to create cost transparency by giving you estimated costs on a range of health care services before you choose a provider. Just call CDPHP at the number on your member ID card and a member services representative will provide an estimate based on the type of service and locations where it can be performed. Armed with this information, you'll have more control over your health care as you compare prices and plan for expenses in advance of a service rather than when you receive the bill.

We encourage you to take the mystery out of health care costs by using CDPHP Price Check.

Call the number on your member ID card to receive a cost estimate for the following services:

- ▶ Carpal Tunnel Release
- ▶ Cataract Removal
- ▶ Cesarean Section
- ▶ CT Scan Abdomen and/or Pelvis
- ▶ CT Scan Chest
- ▶ Electrocardiogram (EKG)
- ▶ Gall Bladder Removal (outpatient) – Cholecystectomy
- ▶ Inguinal Hernia Repair
- ▶ MRI Arm Joint (Shoulder, Elbow, Wrist)
- ▶ MRI Brain
- ▶ MRI Knee
- ▶ MRI Lower Back
- ▶ MRI Neck
- ▶ Tonsil and Adenoid Removal
- ▶ Total Hip Replacement
- ▶ Total Knee Replacement
- ▶ Upper Endoscopy Procedure
- ▶ Vaginal Delivery
- ▶ Vasectomy

This information is an estimate based on historical claims data and not a guarantee of the actual price for your treatment. Your actual cost may be higher or lower depending on factors including which provider you choose, when and where the services are provided, and any complications or additional services required for your specific condition. CDPHP Price Check is not available for members with Medicare, Medicaid, HARP, or Child Health Plus.



PRICE CHECK™

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）。

Quality Care – Anytime, Anywhere

Connect with a doctor from your phone, tablet, or computer 365 days a year, 24/7.

A Doctor's Touch at the Touch of a Button

Through live video, meet with a board-certified doctor anytime you need. The doctor can discuss your medical and/or mental health history, review symptoms, recommend treatment, and prescribe medication if needed. So there are no surprises, at the beginning of each visit you'll be told how much you have to pay out of pocket*. A Doctor On Demand® visit cost is comparable to what you pay when you see your doctor for a sick visit.

What's more, your primary care physician (PCP) can receive relevant notes from Doctor On Demand regarding your appointment to better coordinate your care. Check with your PCP at your next visit.

Treatment for Hundreds of Health Conditions

Don't have time to wait at urgent care but need a doctor? Doctor On Demand physicians treat a wide variety of common medical issues, such as:

- ▶ Allergies
- ▶ Colds, coughs, congestion, and flu
- ▶ Depression and anxiety
- ▶ Heartburn and indigestion
- ▶ High blood pressure
- ▶ Migraines
- ▶ Pink eye
- ▶ Rashes
- ▶ Sprains
- ▶ Urinary tract infections
- ▶ And more!

How to Get Started

1. Visit doctorondemand.com/cdphp/join or download the app from the App Store or Google Play on your smartphone.
2. Register for your free account.

FOR WEBSITE USERS: Click **Join Now** on the upper right side of the homepage, then follow the screen prompts.

FOR APP USERS: Click **Sign Up** on the bottom right corner of the app, then follow the screen prompts.

During the registration process, be sure to add CDPHP® as your insurance provider and include your group/member ID number to receive the correct pricing.

Visit doctorondemand.com/cdphp/join to learn more.



* Costs vary by plan type.



Take an Active Role in Your Preventive Care

Preventive care includes health services like screenings, checkups, and counseling to help you avoid getting sick, or to catch problems early when treatment is likely to work best. **Many of these services are available at no cost to CDPHP members when provided by an in-network doctor.** Talk to your doctor about the right tests and screenings that you and your family need to stay healthy.

Routine Health Visits

Adults of Every Age (19+ Years)	
Physical Exam	Visit your primary care doctor every 2 years to check height, weight, body mass index (BMI), blood pressure, and get other screenings recommended for you.
Vaccinations	Get important adult vaccines. Visit www.cdphp.com/preventive-care for more information.
Dental Exam	Visit a dentist every 6 months for a cleaning and exam.*
Vision Exam	Get a regular eye exam.

* Check your dental and vision benefits to find out what services are covered.



DID YOU KNOW?

Your routine health visit is also a good time to talk with your doctor about:

- ▶ Changes to your medications and family history
- ▶ Concerns about your mental health, including depression and anxiety
- ▶ Getting help with tobacco cessation or weight management

Tests

	20-44 Years	45-59 Years	60+ Years
Cholesterol	Get checked if you are at risk	Get checked every 5 years	
Blood sugar	Get checked for prediabetes and type 2 diabetes if you are at risk		
Blood pressure	Get checked at routine health visits		
Bone health			Get checked if at risk, then routinely after age 65

Cancer Screenings

	21-29 Years	30-39 Years	40-49 Years	50-64 Years	65-75 Years	75+ Years
Cervical Cancer	Get a Pap test every 3 years	Starting at 30, you have the option to get a Pap test and an HPV test every 5 years instead of the Pap test every 3 years			Depends on screening history	
Breast Cancer			Get a mammogram every 1-2 years if recommended by your doctor	Get a mammogram every 1-2 years	Depends on screening history	
Colorectal Cancer				Get a colonoscopy every 10 years or talk with your doctor about other screening options (<i>see next page</i>)		

Infectious Disease Screenings

	19-24 Years	25-29 Years	30-49 Years	50-64 Years	65+ Years
Rubella	Get your immunity checked, especially if you are planning to become pregnant				
Chlamydia	Get tested once a year if you are sexually active or at risk				
Human papillomavirus (HPV)	Get a Pap test every 3 years starting at the age of 21 or as recommended by your doctor.		Starting at 30 you have the option to get a Pap test and an HPV test every 5 years instead of the Pap test every 3 years		Depends on screening history
Hepatitis C				Get tested if you were born between 1945-1965	
HIV	Get tested at routine health visit if at risk				
Tuberculosis (TB)	Get tested if at risk				

DID YOU KNOW?

Risk is based on family and medical history. Talk with your doctor about whether you are considered at risk for a specific health condition.

Tests

	20-35 Years	35-64 Years	65+ Years
Cholesterol	Get checked if you are at risk	Get checked every 5 years	
Blood Sugar	Get checked for prediabetes and type 2 diabetes if you are at risk		
Blood Pressure	Get checked at routine health visits		
Abdominal Aortic Aneurysm			Get checked once if you have ever smoked

Cancer Screenings

	40-49 Years	50+ Years
Colorectal Cancer		Get a colonoscopy every 10 years or talk with your doctor about other screening options (<i>see below</i>)
Prostate Cancer	Talk with your doctor about the need for testing	

Infectious Disease Screenings

	19-49 Years	50+ Years
HIV	Get tested at routine health visit if at risk	
Tuberculosis (TB)	Get tested if at risk	
Hepatitis C		Get tested if you were born between 1945-1965



DID YOU KNOW?

Besides a colonoscopy, you have additional options for colorectal screenings. Talk with your doctor about which test is right for you:

- ▶ High-Sensitivity Fecal Occult Blood Test (FOBT) or Fecal Immunochemical Test (FIT) (every year). Both of these lab tests can be done in the privacy of your own home.
- ▶ Stool DNA Test (Cologuard) (every three years) can be done in the privacy of your own home. Prior authorization required through December 31, 2019
- ▶ Sigmoidoscopy (every five years)
- ▶ Virtual Colonoscopy, also known as computed tomographic (CT) colonography or CTC (every five years)

Guidelines for Specific Health Conditions

Some additional tests can help you manage disease and prevent complications. For adults with coronary artery disease or diabetes, talk with your doctor about which tests are right for you.

Coronary Artery Disease

At least once per year:

- ▶ Get your fasting cholesterol checked.
- ▶ Discuss your medication regimen with your primary care doctor (aspirin, ACE, ARB, beta blocker).

Diabetes

At routine health visits:

- ▶ Get your blood sugar checked with a hemoglobin A1C test at least two times per year.
- ▶ Get your blood pressure checked.

At least once per year:

- ▶ Get a dilated (retinal) eye exam by an eye care professional.
- ▶ Get a foot exam.
- ▶ Get your urine tested for proteins to check your kidneys.

For more information about the right preventive health care for you or your family, visit www.cdphp.com/preventive-care. Please log in to www.cdphp.com to review your detailed medical benefits, or contact member services at the phone number listed on your member ID card. If you have received preventive services that should have been covered in full but were not, please contact member services for further assistance.

If you would like information about these tests and screenings, you can call a CDPHP nurse. This resource is available to you at no cost. Call 1-888-94-CDPHP (23747).



- » *No additional cost applies when services are obtained from an in-network doctor. Check your member benefits materials for detailed information.*
- » *Screening tests and immunization recommendations vary according to age, gender, medical, and family history.*
- » *Our guidelines are based on nationally validated recommendations including those from the U.S. Preventive Services Task Force and the Advisory Committee on Immunization Practices.*

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）。

Capital District Physicians' Health Plan, Inc.
CDPHP Universal Benefits,® Inc.
Capital District Physicians' Healthcare Network, Inc.



Logging into Your Account

By setting up a member account, you can easily access health resources from the comfort of your home computer, laptop, or mobile device.

Not registered yet? It's easy. Navigate to member.cdphp.com and click the **Register** link to create an account. You will need your member ID number (from your ID card) and a few other pieces of identifying information.

Here is an overview of resources available to you once you've logged in:

Self-Serve Options	Name or change your PCP (for applicable plans), complete the Release of Information (ROI) form, and take care of validating debit card transactions that couldn't be verified at the point-of-sale.
Member Tutorials	View various tutorials on health reimbursement arrangements (HRAs), high deductible health plans, substantiating claims, and more by logging into your member accounts, clicking the Health & Wellness tab, and selecting Helpful Videos .
Benefits Information	A breakdown of your medical, prescription, and dental plans, as well as your funding account details (if any).
Claims Center	Use this tool to check the status of medical, dental, and prescription claims for you and your dependents under the age of 18.
Deductible Accumulator and Limit Information	Know how much of your deductible has been satisfied and the benefit limits for various services.
Dental Benefits	View your dental benefits and claims activity, find a dentist, and more.
Drug Coverage and Pricing	Sign in to CVS Caremark to view your Rx plan and benefits, order prescriptions, contact a pharmacist, and more.
CaféWell®	An interactive health and wellness website that provides personalized activities and challenges. Earn Life Points® by taking steps to better your health.*
Funding Accounts <i>(if applicable)</i>	Access your HRA, FSA, and/or HSA account details, including your contributions and balance. You can also track spending, view and submit claims, and substantiate debit card transactions.
Contact Us	This tool comes in handy when you need to communicate securely via email with CDPHP regarding a benefit or claims inquiry.
Member ID Cards	Misplaced your ID card? No problem! Click this option to view and print your ID card and order a new one for yourself and your covered family members. You can also download the My CDPHP app on your smartphone to have your ID card handy at all times.
My Account	This page lists the personal information CDPHP has on file for you, including your name, address, date of birth, phone number, and more. Use the Edit function to make updates.

Need help getting started? Call a CDPHP member services representative at the number on your ID card.

* Life Points available on most group plans.

brook

Making it easier to live healthy.

Whether you're trying to manage diabetes, hypertension, or your overall health, Brook can help you when and where you need.

CDPHP® members receive full access to the app at no cost.*



Chat with registered dietitians and certified diabetes educators seven days a week



Get **24/7** personalized advice about your health



Track and monitor your meals, exercise, sleep, medication, and more



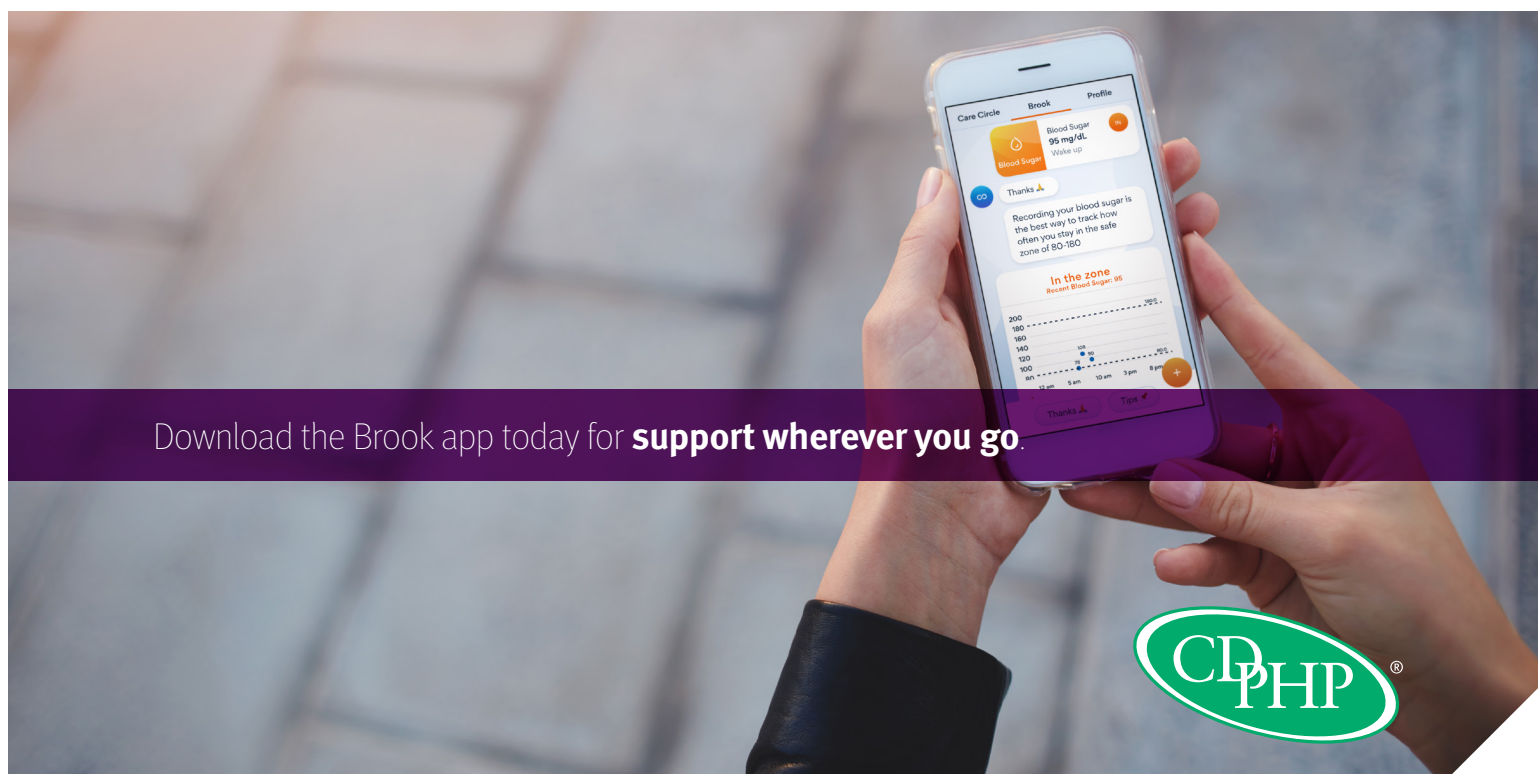
Work with an expert to set health goals



Download reports to share with your doctor



Receive motivational messages to help you stay on track

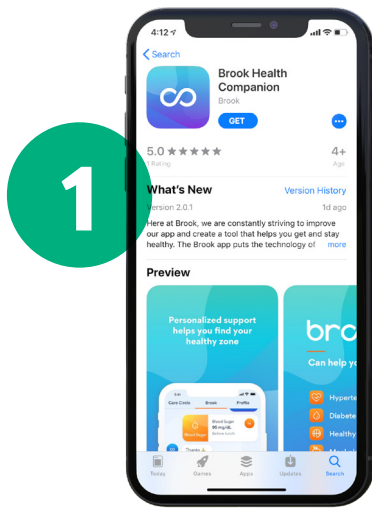


Download the Brook app today for **support wherever you go.**



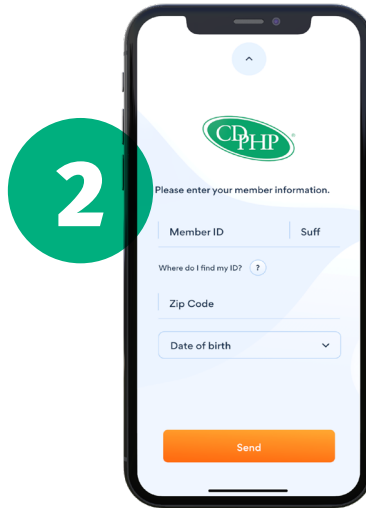


Get started on your journey with Brook:



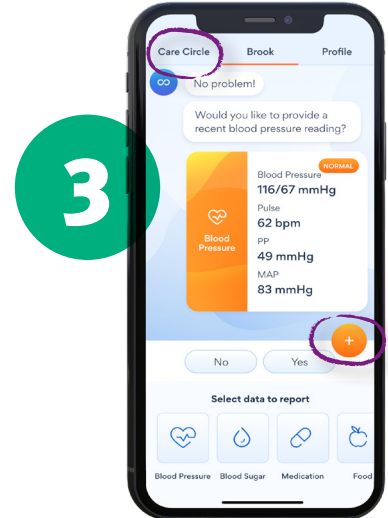
DOWNLOAD THE APP

Search “Brook health” in the App Store or Google Play and download the Brook Health Companion app.



SET UP YOUR ACCOUNT

Open the app and follow the instructions to sign up. Enter your member ID on your insurance card for free access.

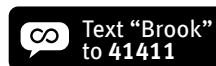


YOU'RE READY TO GO!

Enter data by tapping the + sign, and chat with health experts any day of the year by tapping “Care Circle.”

www.cdphp.com/HealthApp

For technical issues, please email support@brook.health or call 1-800-266-4407.



** This benefit is available to members on select plans. Please check your member contract/summary plan description or call member services at the number on your ID card to see if you're eligible. Must be 18 or older to use the Brook app.*

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）。



Take Control of Your Weight

Losing just **5 percent** of your body weight can lower your risk for developing chronic health conditions and help you feel better and live longer. CDPHP® can assist you with achieving your personal health goals.



PERSONALIZED
HEALTHY ACTIVITIES



EAT HEALTHY
WITH FOODSMART™



GYM & WEIGHT MANAGEMENT
REIMBURSEMENTS



FREE GYMS



FREE FITNESS AND
NUTRITION CLASSES



NUTRITIONAL AND WEIGHT-
MANAGEMENT COUNSELING*

Visit www.cdphp.com/weight-management for more information about these resources and to get started today.

* Registered dietitian visits are subject to applicable deductibles, copayments, coinsurances, and/or group-specific contract limitations.

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）。



Hearing Health Program

A special offer for CDPHP® individual, small business and large business plan members from Hearing Care Solutions.

- ▶ Choose between two technology levels of hearing aids and get two hearing aids for a low, fixed copay each.
- ▶ Comprehensive hearing exam, evaluation, and hearing aid fitting* at no charge.**
- ▶ Three-year supply of batteries (up to 192 cells per ear).
- ▶ Three-year warranty, including loss, damage, and repair (a deductible applies to all warranties).
- ▶ No-interest financing available for 12 months for qualified applicants.
- ▶ A variety of sizes and styles of hearing aids available.
- ▶ 60-day hearing evaluation period.
- ▶ One year of follow-up care at no charge†, including routine visits and in-office repairs.
- ▶ Hearing Care Solutions (HCS) Dr. of Audiology on staff to answer questions or make recommendations



Call **1-855-460-5422** to schedule your hearing exam today!

Costs vary by plan type. Refer to your member materials or call member services at the number on your ID card to determine eligibility for this benefit

** When purchased through Hearing Care Solutions.*

***Ear molds are excluded from coverage. Out-of-pocket cost applies for ear molds.*

† Routine services during 1st year are with original provider. Any services during the 1st year that are not administered by the original provider are subject to charges at the provider's discretion.



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）。

Breathe Easy with CDPHP[®] Smoke-Free[™]

Imagine a life free from addiction and the harmful, lasting effects of nicotine. To help our members* kick their smoking or vaping habit for good, CDPHP[®] offers a no-cost telephonic smoking cessation program—CDPHP[®] Smoke-Free[™].

Here's how it works:

- ▶ Participants receive one-on-one support and help developing a quit plan from a specialized quit coach, as well as quit-smoking medications, such as nicotine patches, lozenges, or gum.
- ▶ Participants have access to resources and educational materials to help them plan and stay on track at www.cdphp.com/smoke-free.

Here's why it works:

- ▶ A combination of medication and one-on-one counseling is proven to increase participants' chances of successfully quitting.
- ▶ With support, participants are more likely to overcome obstacles and cravings.

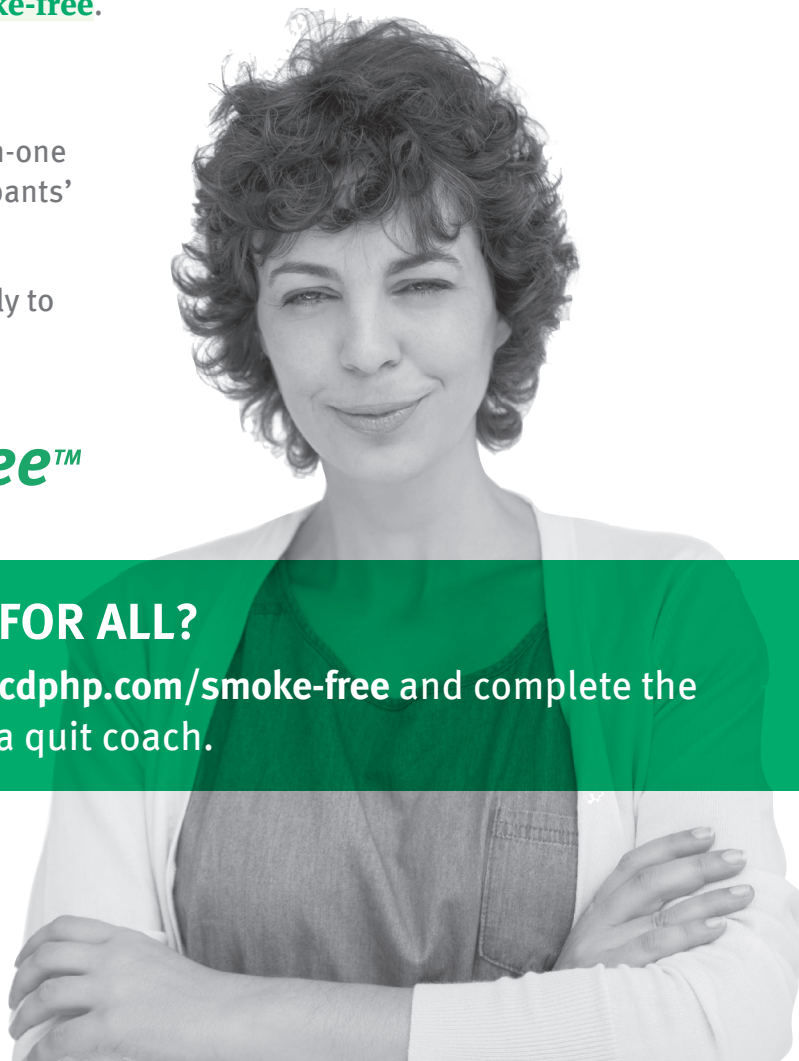


Smoke-Free[™]

READY TO QUIT ONCE AND FOR ALL?

Call 1-866-697-8487 or visit www.cdphp.com/smoke-free and complete the form to request a phone call from a quit coach.

This smoking cessation program is administered by Roswell Park Cancer Institute, an independent, nationally recognized cancer center.



** This benefit does not apply to all plans. Members should check their plan contract or call member services at the number on their ID card to confirm eligibility.*



CVS ExtraCare[®] Health Benefit

SAVE MORE, GET MORE AT CVS

As a CDPHP[®] member, you can receive a 20 percent discount* on thousands of eligible CVS Health Brand health-related items at CVS Pharmacy[®] or online at CVS.com.

Save on products you may already be using every day, such as:

- ▶ Vitamins
- ▶ Eye drops
- ▶ First aid care
- ▶ Allergy relief
- ▶ Pain relievers
- ▶ Cold medicine
- ▶ Stomach remedies



Visit www.cdphp.com/CVS to activate your benefit and start saving!

* The 20 percent discount is restricted to items purchased for the cardholder, spouse, or dependents. Excludes prescriptions, alcohol, tobacco, lottery tickets, postage stamps, gift cards, money orders, pre-paid cards, photofinishing, and CVS.com purchases, and are not valid on other items reimbursed by a governmental program. Medicare members, be advised that these products and services are neither offered nor guaranteed under our contract with the Medicare program. In addition, they are not subject to the Medicare appeals process. Any disputes regarding these products and services may be subject to the CDPHP grievance process.

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）。

NEW
IN 2021



Expanded Fitness Reimbursement

CDPHP® makes it easy to get reimbursed for getting fit. We enhanced the fitness reimbursement to include paid online fitness classes and subscriptions in 2020 and will add even more program features in 2021.

	2020	2020 Enhancement	2021
Gym membership reimbursement	✓		✓
Paid online fitness classes or paid digital fitness subscriptions		✓	✓
100% digital reimbursement form		✓	✓
Covered dependent reimbursement up to \$200 (total, not per dependent). Can be used for sports activities for covered dependents under age 18!			✓

For full details on the program, visit www.cdphp.com/gymreimbursement or call the number on your ID card.



For CDPHP[®] members:

Need help finding a doctor? Visit findadoc.cdphp.com or call the member services number on your ID card. *Choose a doctor when you are feeling OK – that way, you'll know who to call as soon as you start to feel sick.*

Have a condition that you need help managing? The CDPHP Care Team can help with a variety of health issues. Call [1-800-365-4180](tel:1-800-365-4180).



ER Anywhere

An app that connects you to emergency medical providers 24 hours a day, seven days a week. Download the ER Anywhere app, or call [1-866-ER-ANYWHERE](tel:1-866-ER-ANYWHERE).



Doctor On Demand[®]

Avoid a trip to urgent care and talk with a doctor 24/7 via live video. Set up an account today at doctorondemand.com/cdphp/join.



Valera Health

Get access to mental health treatment for you or your children through your phone or computer. Visit www.valerawellness.com.



CaféWell[®]

Take on health challenges and track your progress at no cost. Register today at www.cafewell.com/cdphp.



CDPHP Smoke-Free[™]

Kick the habit with the support you need. Call [1-866-697-8486](tel:1-866-697-8486) to sign up.



Brook

Manage your health, chat with experts, and get advice and support. Download the Brook app for support wherever you go.



Foodsmart[™]

Get the support you need to make healthier food choices when you're cooking at home, ordering takeout, or eating out. **Download the Foodsmart app today!**



Delta Dental

Routine dental checkups are important for your overall health. Find a dentist near you, or learn about tips for a healthy smile at www.allsmileswelcome.com.



Digital Classes

CDPHP members have access to free digital wellness classes. Visit www.cdphp.com/classes to sign up for a class or check out a workout video.

Notice of Non-Discrimination

Capital District Physicians' Health Plan, Inc. (CDPHP[®]) complies with federal civil rights laws. CDPHP does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

Multi-language Interpreter Services

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (518) 641-3800 o 1-800-388-2994 (TTY: 711). 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 (518) 641-3800 或 1-800-388-2994 (TTY: 711)。