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:

LOGGING INTO YOUR ACCOUNT	**CONNECT Rx, ON THE GO**
HEALTH RESOURCES	**RX FOR LESS**
VIRTUAL HEALTH CARE	**CDPHP PRICE CHECK™**
MENTAL HEALTH AND SUBSTANCE USE	**FIND-A-DOC**
CDPHP HEALTH HUB, POWERED BY VIRGIN PULSE	**OVIA HEALTH™**
	VP TRANSFORM FOR PREDIABETES
FITNESS REIMBURSEMENT	

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 submit reimbursement for medical claims paid out of pocket.
CDPHP® Price Check™	Get an estimated cost on a range of health care services before you choose a provider. This tool gives you more control of your health care dollars by allowing you to compare prices and plan for expenses in advance.
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	View your prescription drug plan and benefits, contact a pharmacist, and more.
Healthy Activities and Challenges	Earn CDPHP Life Points® Rewards by taking steps to better your health.*
Funding Accounts *(if applicable)*	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.
Helpful Videos	View tutorials on staying healthy, finding care, and understanding health insurance, and more by logging into your member account, clicking the **Health & Wellness** tab, and selecting **Helpful Videos**.

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

* Life Points Rewards available on most group plans.

CDPHP® Health Resources

Helping Members Get and Stay Healthy

The CDPHP Health Hub, powered by Virgin Pulse
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 or merchandise.* Sign up by downloading the Virgin Pulse app or visiting **join.virginpulse.com**.

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 **1-888-942-3747** to chat with the team between 9 a.m. and 5 p.m. Monday through Friday.

Doctor On Demand®
Live video doctor visits 24/7 for physical and mental health from your smartphone, tablet, or computer. Visit **doctorondemand.com/cdphp/join** to register for your free account.

Mental Health Support
Receive personal assistance for mental health concerns by calling **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**. Visit **cdphp.com/mentalhealth** for more information.

Kick The Smoking Habit
Quit smoking or vaping with digital, phone-based, group, or one-on-one programs. Visit **cdphp.com/quitsmoking** for details.

Reproductive and Family Support
From cycle tracking and trying to conceive, to pregnancy and parenthood, Ovia Health™ has multiple programs to fit your family planning needs. Visit **cdphp.com/familyhealth** for more details.

Prevent Diabetes
Lose weight and prevent diabetes with VP Transform for Prediabetes. This leading CDC-recognized diabetes prevention program combines live health coaching with a smartphone app, so staying on track with your health is easy. See if you qualify for the program by visiting **join.virginpulse.com**.

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

Life Points Rewards are available on most employer group plans.

Helping Members Save Money

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, digital fitness classes, or the purchase of a qualified wearable fitness device. Please note there is a cap on how much of your reimbursement amount can be used for qualified devices. Subscribers can be reimbursed up to $200 for qualified devices (out of the $400 maximum) and covered dependents can be reimbursed up to a combined $100 for qualified devices (out of the $200 maximum). For details, visit **cdphp.com/FitnessReimbursement**.

Weight Management Reimbursement
Eligible members can be reimbursed up to $100 for participating in a qualifying weight management program. To learn more, visit **cdphp.com/weight-management**.

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

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. Visit **cdphp.com/fitness**.

Save on Prescriptions
Download the CDPHP ConnectRx, On the Go app to see your personal list of medications and get alerted to savings opportunities.

Maternal Health Education Reimbursement
Eligible members can be reimbursed up to $75 for in-person or digital maternal health education classes. To learn more, visit **cdphp.com/pregnancy**.

Doula Reimbursement
Eligible members can be reimbursed up to $1,500 for in-person or digital services provided by a certified doula. To learn more, visit **cdphp.com/pregnancy**.

In Your Community

Free CDPHP Wellness Classes
Access to community wellness programs and online classes you can take from home. To learn more, go to **cdphp.com/classes**.

CDPHP Customer Connect℠
Ask questions about your claims and benefits, request ID cards, enroll in a health plan, and more. Visit **cdphp.com/CustomerConnect** for locations and more.

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）。

Virtual Health Care

Health care needs don't always arise during business hours, and it's not always easy to get to the doctor's office. That's why CDPHP® works with some of the nation's top virtual health care providers, many of which are available 24/7, so you can get the care you need from the comfort of home using your smartphone, tablet, or computer.

APTIHEALTH

Aptihealth provides personalized, goal-oriented teletherapy for members ages 5 and up who live in New York state, specializing in the treatment of severe mental illness. CDPHP members can enroll by visiting **aptihealth.com/CDPHP**. Participating primary care providers, specialty physicians, and hospitals can also refer members to aptihealth. *Some employers who are self-funded do not offer this benefit.*

DOCTOR ON DEMAND®

Doctor on Demand physicians treat members of all ages who live in the United States for a wide variety of common physical and mental health conditions, from colds and migraines to sprains and anxiety. CDPHP members can visit **doctorondemand.com/cdphp/join** or download the Doctor On Demand app. Once registered, members can connect with a doctor or schedule a visit for a time that works best. *Some employers who are self-funded do not offer this benefit.*

VALERA HEALTH

Valera Health provides ongoing telemedicine services for members ages 6 and up who live in New York state, specializing in mild to severe symptoms and culturally competent care, including LGBTQ services. CDPHP members can visit **valerahealth.com/consult** and request a free consultation with a health coach, who will conduct a short needs assessment and book an initial session. Care typically begins within one week of initial consultation.

DID YOU KNOW? CDPHP covers telemedicine visits with participating providers. The first step is to call your provider to see if they offer phone or video appointments.

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dr+ on demand
by Included Health

CDPHP®

Quality Care — Anytime, Anywhere

$0*

* Subject to deductible on high deductible plans

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.**

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, flu, and COVID-19
- ▶ Depression and anxiety
- ▶ Heartburn and indigestion
- ▶ High blood pressure
- ▶ Migraines
- ▶ Pink eye
- ▶ Rashes
- ▶ Sprains
- ▶ Urinary tract infections
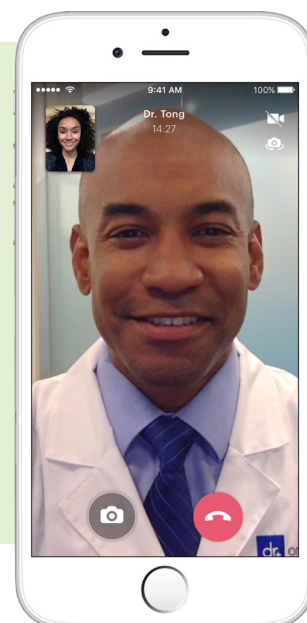- ▶ And more!

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.

dr+ on demand
by Included Health

CDPHP®

Mental Health Resources from Doctor On Demand®

$0*

You may be familiar with Doctor On Demand's medical services, which can replace a trip to urgent care or the ER for things like colds, flu, coronavirus, sprains, rashes, allergies, and more.

But the Doctor On Demand team also has a diverse roster of licensed psychiatrists and psychologists to provide the emotional support you need from the privacy of your home.

From talk therapy to medication management, their team can take care of your full mental wellbeing.

What Doctor On Demand Can Treat

- ▶ Anxiety
- ▶ Depression
- ▶ Relationships
- ▶ Trauma & Loss
- ▶ Postpartum
- ▶ And More

Getting 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.

3. 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.

* Subject to deductible on high deductible plans.

For more information, visit **doctorondemand.com/behavioral-health**.

Mental Health and Substance Use

Here for you, when you need us most.

It can be tough to ask for help, and you may not know where to turn. If you're ready to take the first step, CDPHP® is here for you and your family. Our Behavioral Health Access Center is made up of a team of mental health care experts who understand what you're going through and can point you in the right direction.

Give us a call at **1-888-320-9584** between 8 a.m. and 6 p.m., Monday through Friday. If you need help afterhours, or if this is an emergency, press **"1"** to be connected with our crisis line.

LOCAL, IN-PERSON CARE

CDPHP partners with the area's preeminent psychologists, psychiatrists, social workers, therapists, and other mental health care experts for all of your mental health and substance use disorder needs. If you're ready to meet with a local professional, visit **findadoc.cdphp.com** to locate a provider near you. If you need help selecting a provider that's right for you, just give us a call at **1-888-320-9584**.

VIRTUAL MENTAL HEALTH CARE

Your mental health care needs don't always happen during business hours. That's why CDPHP partners with some of the nation's best virtual mental health care providers, many of whom are available 24/7!

	Age Treated and Location	Specialty	Care within	Language
aptihealth aptihealth.com/CDPHP	Adults, adolescents, and children 5+ years of age who live in New York state	Mild symptoms to severe, persistent mental illness	Five days of clinical consultation	English
Doctor On Demand® cdphp.com/doctorondemand	Adults, adolescents, and children of all ages who live in the United States	Anxiety, depression, postpartum, relationships, trauma, and loss	48 hours	Translation services available
Valera cdphp.com/valera	Adults, adolescents, and children 6+ years of age who live in New York state	Mild to severe symptoms; culturally-competent care, including LGBTQ services	Three weeks of initial consultation	12+ languages, American Sign Language (ASL)

CRISIS HOTLINE
You have an emergency, please contact **1-888-320-9584**.
For help afterhours, press **"1"** to be connected with our crisis hotline.

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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）。

Small steps lead to big changes.

Get started on your path to better health by visiting the CDPHP® Health Hub, powered by Virgin Pulse.

We'll help you make small, everyday changes focused on the areas you want to improve the most. With daily engagement, you'll build healthy habits and experience the lifelong rewards of better health.

The CDPHP Health Hub can be accessed from your smartphone or computer, giving you 24/7 access to powerful wellness resources right at your fingertips.

The CDPHP Health Hub can help you:

▶ Learn how to eat for energy, move more, sleep better, manage stress, and more

▶ Motivate others and be motivated to build new healthy habits

▶ Reach your health goals

Reap the rewards of better health

As you complete health-related activities, you'll move through levels and earn points. When you reach milestone levels, you unlock CDPHP Life Points® Rewards. Redeem the rewards for gift cards, merchandise, and donations to charitable foundations!

CDPHP® | **Health Hub**
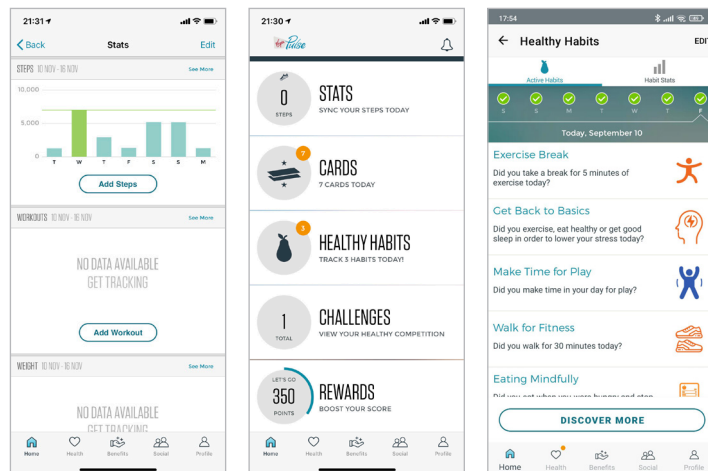*powered by Virgin Pulse*

CDPHP Health Hub and app download available beginning January 1, 2023.

All adults age 18 and older in select plans are eligible. CDPHP Life Points Rewards accumulate per calendar year, per contract. Rewards must be redeemed by December 31 each year or prior to contract termination. Please check your member contract or call the number on your ID card to see if you're eligible.

Get started

Follow these easy steps for mobile:

STEP 1   Search for the **Virgin Pulse app** in either the App Store or Google Play and add it to your device.

STEP 2   Enter CDPHP as your health plan then create your username and password.

STEP 3   Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more! Go to **Profile › More › Topics of Interest** on the mobile app.

Download on the App Store

GET IT ON Google Play

Follow these easy steps for desktop:

STEP 1   Visit **join.virginpulse.com**.

STEP 2   Enter CDPHP as your health plan then create your username and password.

STEP 3   You can then select **Topics of Interest** in the profile drop-down menu to set your interests.

TIP!

Turn on your mobile alerts so you don't miss out on fun opportunities. Go to your phone's Settings and find Virgin Pulse in your installed apps. Go to Notifications › Allow/Show Notifications.

CDPHP | Health Hub
powered by Virgin Pulse

Money back for working out

It pays to exercise in more ways than one with the CDPHP® fitness reimbursement

▸ Subscribers can be reimbursed up to $400 per plan year and their dependents can be reimbursed up to a combined $200 – a total of up to $600 per contract.*

▸ Gyms, specialty fitness studios, and paid digital fitness classes qualify for reimbursement.

▸ Dependent portion can be used for youth sports fees for members under age 18!

Learn more by visiting **cdphp.com/fitnessreimbursement**.

* This benefit does not apply to all plans. Login at member.cdphp.com to check your plan contract or call member services at the number on your ID card to confirm eligibility.

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Helping Members Save on Rx Costs with CDPHP® ConnectRx, On the Go

On average, 10 percent of CDPHP members with pharmacy claims can save by switching to a clinically viable alternative medication!

CDPHP ConnectRx, On the Go makes it easy for members to switch medications or pharmacy locations and save. Members may be alerted to their savings opportunities via targeted, personalized communications campaigns.
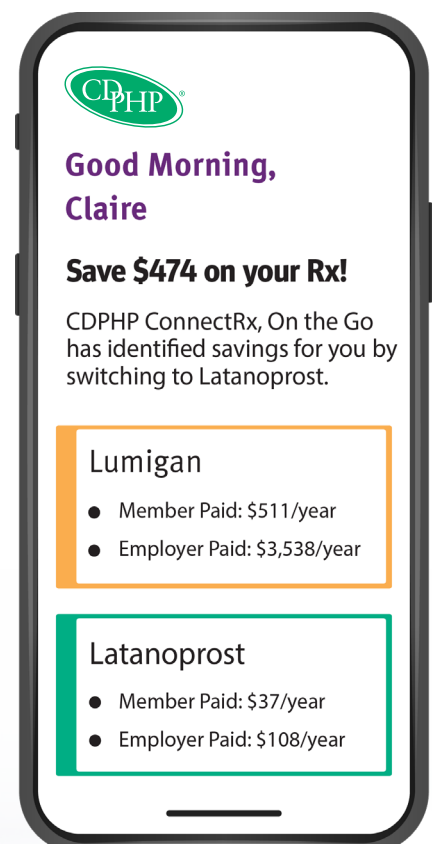
What is CDPHP ConnectRx, On the Go?

A mobile app for members age 18 and older with CDPHP pharmacy benefits. The app gives members the power to:

▶ View their current medication list and receive savings alerts

▶ See if they're eligible for additional savings using a CDPHP Rx for Less pharmacy

▶ View how much a medication will cost

▶ Request a medication or pharmacy switch

▶ Get alerts about screenings or appointments to stay healthy

▶ And more!

For help with the app, members can contact Levrx Support at 1-800-266-6117 or appsupport@levrx.com.

Scan the QR code to download CDPHP ConnectRx, On the Go today.

Download on the **App Store**

GET IT ON **Google Play**

Good Morning, Claire

Save $474 on your Rx!

CDPHP ConnectRx, On the Go has identified savings for you by switching to Latanoprost.

Lumigan
- Member Paid: $511/year
- Employer Paid: $3,538/year

Latanoprost
- Member Paid: $37/year
- Employer Paid: $108/year

Pricing and savings displayed is for illustrative purposes only. Information available in the app is member-specific, based on plan details and member utilization.

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 the following pharmacies:

- ▶ ConnectRx
- ▶ Food Lion
- ▶ Giant Food
- ▶ Hannaford
- ▶ Kinney Drugs
- ▶ Market 32/ Price Chopper
- ▶ Rite Aid
- ▶ ShopRite
- ▶ Stop & Shop
- ▶ Walgreens
- ▶ Walmart
- ▶ Multiple independent pharmacies

For more details, go to **cdphp.com/save**. If you're a CDPHP Medicare Advantage member, you can view your Rx for Less drug list online at that page.

Effective January 1, 2023

Drug Label Name	Quantity Example	Rx For Less Price
ANTI-INFLAMMATORY		
DICLOFENAC SOD 50MG EC, 75MG EC TAB	90	$0.90
IBUPROFEN 400 MG, 600 MG, 800 MG TAB	90	$0.90
INDOMETHACIN 25 MG CAP	90	$0.90
MELOXICAM 7.5 MG, 15 MG TAB	90	$0.90
NAPROXEN 375 MG, 500 MG TAB	90	$0.90
ASTHMA		
ALBUTEROL NEB 0.083%	150	$5.00
IPRATROPIUM NEB 0.2 MG/ML	150	$3.00
MONTELUKAST 10MG TAB	90	$0.90
BEHAVIORAL HEALTH		
BUSPIRONE 5 MG, 10 MG TAB	90	$0.90
CITALOPRAM 20 MG, 40 MG TAB	90	$0.90
ESCITALOPRAM 10MG, 20MG TAB	90	$0.90
FLUOXETINE 10 MG, 20MG CAP	90	$0.90
LITHIUM CARBONATE 150 MG, 300 MG CAP	90	$0.90
NORTRIPTYLINE 10 MG, 25 MG CAP	90	$0.90
PAROXETINE 10 MG, 20MG TAB	90	$0.90
QUETIAPINE 50 MG, 100 MG TAB	90	$4.50
QUETIAPINE 200 MG, 300 MG TAB	90	$18.00
RISPERIDONE 0.25 MG, 0.5 MG, 1 MG, 2 MG TAB	90	$0.90
SERTRALINE 25 MG, 50 MG, 100 MG TAB	90	$0.90
TRAZODONE 50 MG, 100 MG, 150 MG TAB	90	$0.90
VENLAFAXINE 37.5 MG, 75 MG, 150 MG CAP SR 24HR	90	$0.90
BLOOD THINNER		
WARFARIN/JANTOVEN 1 MG - 10 MG TAB	90	$0.90
CARDIAC/BLOOD PRESSURE		
ACE INHIBITORS		
BENAZEPRIL HCL 5 MG, 10 MG, 20 MG, 40 MG TAB	90	$0.90
ENALAPRIL MALEATE 2.5 MG, 5 MG, 10 MG, 20 MG TAB	90	$0.90
ENALAPRIL-HCTZ 5-12.5 MG, 10-25 MG TAB	90	$0.90
FOSINOPRIL SODIUM 10 MG, 20MG, 40 MG TAB	90	$0.90
LISINOPRIL 2.5 MG, 5 MG, 10 MG, 20 MG, 30 MG, 40 MG TAB	90	$0.90
LISINOPRIL-HCTZ 10-12.5 MG, 20-12.5 MG, 20-25 MG TAB	90	$0.90
QUINAPRIL 5 MG, 10 MG, 20 MG, 40 MG TAB	90	$4.50
QUINAPRIL-HCTZ 10-12.5 MG, 20-12.5 MG TAB	90	$4.50
RAMIPRIL 1.25 MG, 2.5 MG, 5 MG, 10 MG CAP	90	$4.50

MORE DRUGS ON THE NEXT PAGE ➡

Drug Label Name	Quantity Example	Rx For Less Price
ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)		
IRBESARTAN TAB 75 MG, 150 MG, 300 MG TAB	90	$18.00
LOSARTAN POTASSIUM 25 MG, 50 MG, 100 MG TAB	90	$0.90
BETA-BLOCKERS		
ATENOLOL 25 MG, 50 MG , 100 MG TAB	90	$0.90
ATENOLOL-CHLORTHAL 50-25 MG, 100-25 MG TAB	90	$0.90
BISOPROLOL-HCTZ 2.5-6.25 MG, 5-6.25 MG, 10-6.25 MG TAB	90	$0.90
CARVEDILOL 3.125 MG, 6.25 MG, 12.5 MG, 25 MG TAB	90	$0.90
METOPROLOL ER SUC 25 MG, 50 MG, 100 MG TAB	90	$0.90
METOPROLOL TARTRATE 25 MG, 50 MG, 100 MG TAB	90	$0.90
PROPRANOLOL 10 MG, 20 MG, 40 MG, 80 MG TAB	90	$0.90
CALCIUM CHANNEL BLOCKERS		
AMLODIPINE 2.5 MG, 5 MG, 10 MG TAB	90	$0.90
DILTIAZEM 30 MG, 60 MG, 90 MG, 120 MG TAB	90	$0.90
VERAPAMIL 80 MG, 120 MG TAB	90	$0.90
DIURETICS		
BUMETANIDE 0.5 MG, 1 MG, 2MG TAB	90	$0.90
FUROSEMIDE 20 MG, 40 MG, 80 MG TAB	90	$0.90
HYDROCHLOROTHIAZIDE 12.5 MG CAP	90	$0.90
HYDROCHLOROTHIAZIDE 25 MG, 50 MG TAB	90	$0.90
SPIRONOLACTONE 25 MG, 50 MG TAB	90	$0.90
TRIAMTERENE-HCTZ 37.5-25 MG CAP	90	$0.90
TRIAMTERENE-HCTZ 37.5-25 MG, 75-50 MG TAB	90	$0.90
OTHER — CARDIAC		
CLONIDINE 0.1 MG, 0.2 MG, 0.3 MG HCL TAB	90	$0.90
GUANFACINE 1 MG, 2 MG TAB	90	$0.90
TERAZOSIN 1 MG, 2 MG, 5 MG, 10 MG CAP	90	$0.90
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	90	$0.90
GLIPIZIDE 5 MG, 10 MG TAB	90	$0.90
GLIPIZIDE XL 2.5 MG, 5 MG, 10 MG TAB	90	$0.90
METFORMIN HCL 500 MG, 850 MG, 1,000 MG TAB	90	$0.90
METFORMIN HCL ER 500 MG, 750 MG TAB	90	$0.90
GOUT		
ALLOPURINOL 100 MG, 300 MG TAB	90	$0.90
OSTEOPOROSIS		
ALENDRONATE SODIUM 35 MG, 70 MG TAB *	12	$3.00
STEROIDS		
PREDNISONE 5 MG, 10 MG TAB	90	$0.90
VITAMINS/SUPPLEMENTS		
FOLIC ACID 1 MG TAB	90	$0.90

Rx for Less pricing is not applicable to mail-order drugs. Drugs and prices are subject to change at anytime.

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

Take control of your health care dollars with
CDPHP® Price Check™

Our treatment cost estimator can help you make informed decisions about your care, as procedures can vary in price by hundreds or even thousands of dollars.

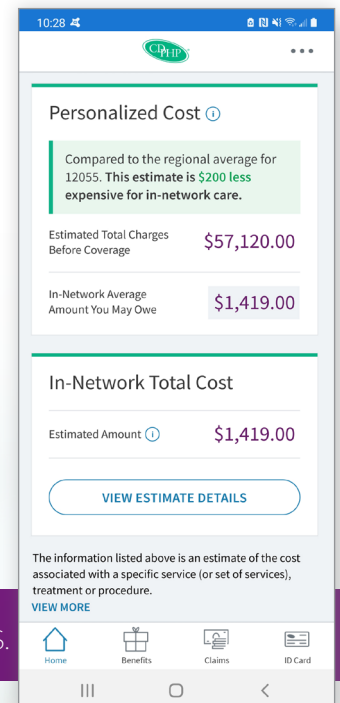With this service – now available online and in the My CDPHP app! – you'll be able to:

▶ Check out the costs* of a wide variety of procedures and services – with more being added all the time!

▶ Find provider and cost information by location

▶ Review how expenses could affect your deductible, health spending account, and out-of-pocket costs

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.

Get Started

1. Log in to your member account, hover your cursor over **Benefits & Treatment Costs**, and click on **Medical Cost Estimate**

2. Search for a service or treatment in the search box

3. Review costs associated with providers and facilities

Visit **member.cdphp.com** to get at-a-glance estimates of procedure costs.

The cost information provided by this tool is an estimate and is not your final cost. The cost estimate is designed as a reference tool only and should not be relied upon to make final medical decisions. CDPHP cannot guarantee the accuracy of the cost estimates provided. Your actual cost will vary based on your plan design, claims you may have in process, money available in your health spending accounts, the particular services and supplies you receive and more. Actual cost could vary. Medical cost estimates do not apply to members covered by Medicaid, Child Health Plus and most Essential plans.

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）。

Thousands of Doctors to Serve You

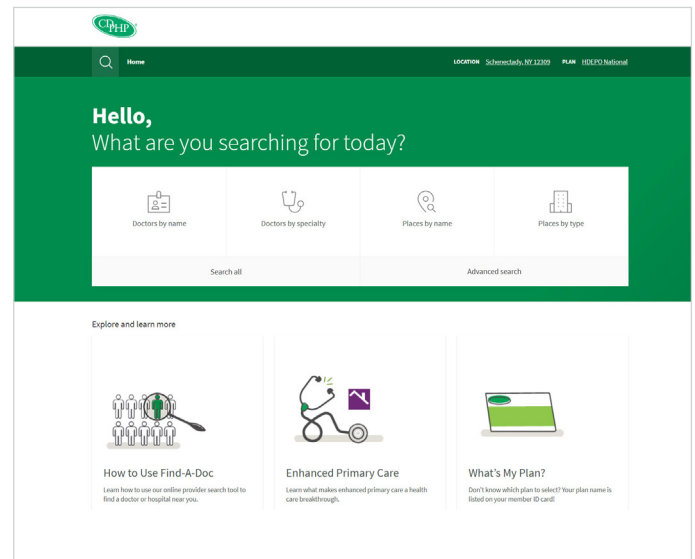Find the right provider or facility for you.

Go online

Go to **findadoc.cdphp.com**. Then follow these three easy steps:

1. Enter your location.

2. Choose your plan.

3. Select by doctor, specialty, place, or type. Click "Advanced search" to enter more detailed criteria.

NARROW YOUR SEARCH RESULTS Choose from one of the options shown on the left side of the results page, including gender, specialty, language, and more.

NEED ADDITIONAL HELP? Call member services at the number on your ID card and a friendly member service representative can provide you with details on our network, or send you a directory.

TIPS

VIRTUAL CARE FROM THE COMFORT OF HOME

Your health plan covers phone and video visits – known as telemedicine – with participating providers. Call your provider to see if they offer telemedicine appointments.

CDPHP also works with some of the nation's top virtual health care providers. Check out your options for virtual mental health care by visiting **cdphp.com/mentalhealth**. To learn more about virtual care for physical health, visit **cdphp.com/DoctorOnDemand.**

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oviahealth™ + CDPHP®

supporting the journey to and through parenthood

CDPHP® has partnered with Ovia Health™ to provide eligible members with personalized guidance and coaching to support their health and family building goals.

With each Ovia Health app, members have access to:

✓ Daily personalized articles & tips to help you achieve your goals

✓ Unlimited in-app messaging with an Ovia Health coach

✓ Information about your fertility, maternity, and family benefits as a CDPHP member

✓ Career and return-to-work programs

Get started with Ovia Health!

1. Download the app that's right for you

2. Select "**I have Ovia Health as a benefit**" during signup

3. Select "**CDPHP**" as your health plan

Already have an Ovia app on your phone?

1. Open the "**more**" menu

2. Tap "**My healthcare info**"

3. Select "**CDPHP**" as your health plan

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ovia® fertility
Support for health tracking and starting a family

ovia® pregnancy
Support for your healthiest, happiest pregnancy

ovia™ parenting
Support for the early years of parenting

Make moves toward a healthier life

VP Transform for Prediabetes is a leading CDC-recognized diabetes prevention program (DPP). It combines live health coaching with a smartphone app, so staying on track with your health is easy. In this 12-month program, you'll have personalized support to help lower your risk for developing diabetes. You'll receive weekly healthy lifestyle education and a dedicated wellness coach to guide you for the whole year, plus a free digital scale and Fitbit* to help you monitor progress.

FREE for CDPHP® members!

Here's how it works:

Find out if you qualify
Take a short survey in the CDPHP Health Hub to see if you qualify for the VP Transform program

Enroll
Once you qualify, pick your start date and tell us where to send your free digital scale

Download the app
Get the VP Transform app and start using the features designed to help you succeed

Meet your coach
Once you're officially in the program, you'll be able to schedule a live session with your health coach and get to know each other

Build healthy habits
Core | 6 months
The first six months (26 weeks) of the program provide weekly learning sessions with built-in activities that help you apply the information to your own life right away. The sessions cover topics related to sustainable weight loss, being more active, healthy eating, and emotional and mental resilience.

Live your healthy life
For Life | 6 months
The remaining six months of the program are dedicated to maintaining and reinforcing the new healthy behaviors.

CDPHP® | Health Hub
powered by Virgin Pulse

* Scale and activity tracker are taxable items. Fitbit can be earned after four weeks of participation in the program.

While you're in the program, you'll aim to achieve two goals:

1

Reduce your weight by five to seven percent of your starting body weight.

This small amount of weight loss can reduce your risk of developing type 2 diabetes by about 60 percent.

2

Increase your physical activity to 150 minutes each week.

Your coach will help you incorporate more physical activity at moderate intensity throughout the week.

Ready to get started?

Follow these easy steps:

STEP 1 Go to **join.virginpulse.com**.

STEP 2 Choose the **Benefits** tab. From the navigation menu, select **View All**.

STEP 3 Select **VP Transform for Prediabetes** from the list of programs, and then click **Start Now**.

STEP 4 Take the one-minute quiz to see if you're eligible.

STEP 5 If you are eligible for the program, VP Transform will start processing your registration. A typical processing time takes two to three weeks in order to match you with your health coach, help you pick a program start date, and ship your wireless scale.

Virgin pulse   Download on the App Store   GET IT ON Google Play

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powered by Virgin Pulse