



## 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:

**LOGGING INTO YOUR ACCOUNT**

**PREVENTIVE RESOURCES**

**HEALTH RESOURCES**

**DOCTOR ON DEMAND®**

**FOODSMART™**

**VALERA HEALTH**

**RX FOR LESS**

**CDPHP PRICE CHECK™**





# 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](https://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:

<b>Self-Serve Options</b>	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.
<b>CDPHP® Price Check™</b>	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.
<b>Benefits Information</b>	A breakdown of your medical, prescription, and dental plans, as well as your funding account details (if any).
<b>Claims Center</b>	Use this tool to check the status of medical, dental, and prescription claims for you and your dependents under the age of 18.
<b>Deductible Accumulator and Limit Information</b>	Know how much of your deductible has been satisfied and the benefit limits for various services.
<b>Dental Benefits</b>	View your dental benefits and claims activity, find a dentist, and more.
<b>Drug Coverage and Pricing</b>	Sign in to CVS Caremark to view your drug plan and benefits, order prescriptions, contact a pharmacist, and more.
<b>CaféWell®</b>	An interactive health and wellness website that provides personalized activities and challenges. Earn Life Points® by taking steps to better your health.*
<b>Funding Accounts</b> <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.
<b>Contact Us</b>	This tool comes in handy when you need to communicate securely via email with CDPHP regarding a benefit or claims inquiry.
<b>Member ID Cards</b>	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.
<b>My Account</b>	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.
<b>Helpful Videos</b>	View various tutorials on health reimbursement arrangements (HRAs), high deductible health plans, substantiating claims, and more by logging into your member accounts, clicking the <b>Health &amp; Wellness</b> tab, and selecting <b>Helpful Videos</b> .

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

\* Life Points available on most group plans.



# CDPHP<sup>®</sup> Family Health Resources

Whether you're just starting your family, expanding your family, have active kids at home, or are caring for older family members, CDPHP has resources to support you at every stage of life. Learn more and get started with these services by visiting [www.cdphp.com/FamilyHealth](http://www.cdphp.com/FamilyHealth).



## Free Preventive Care

Whether you're keeping tabs on your health or are caring for a child or an elderly parent, many preventive care services, such as annual checkups, screenings, and vaccinations, are available at no cost.



## 24/7 Access to Board-Certified Doctors

Instead of urgent care, meet with a doctor 24/7 via Doctor On Demand using your tablet, phone, or computer from the comfort of your own home.



## ER Anywhere

Whenever and wherever you need medical help, use the ER Anywhere app to connect with an emergency medical provider.



## Pregnancy Support

Is your family growing? Join the CDPHP Mom 2 Be program and receive valuable tools and information at no-cost to help you at every stage of your pregnancy. Sign up today by texting "MOM" to 237471 or by visiting [cdphp.com/mom2be](http://cdphp.com/mom2be).



## Extra Support from The CDPHP Care Team

We know that sometimes it isn't easy to navigate your family's health needs on your own. The CDPHP Care Team, comprised of nurses, dietitians, and care coordinators, are available to help you and your family. To talk one-on-one with a member of the CDPHP Care Team, call [1-800-365-4180](tel:1-800-365-4180).



## Mental Health

Your mental health is just as important as your physical health. Receive support with postpartum depression, anxiety, general depression, and/or drug and alcohol abuse. Call the CDPHP Behavioral Health Access Center, 24/7, at [1-888-320-9584](tel:1-888-320-9584).



## Personalized Activities with CaféWell

CaféWell is an interactive health and wellness website that provides your family with tools and resources to lead a healthy life. Whether it's walking challenges or reminders to stay up-to-date on important vaccinations, CaféWell is here to support the entire family.



### Free Wellness Classes and Programs

Take free online or in-person classes on a variety of health topics for all ages such as nutrition, prenatal care, senior health, and more.



### Healthy Eating for the Entire Family

Make healthier food choices on the go or at home with Foodsmart™, a nutrition app that offers meal planners, recipes, and shopping tools.



### Get The Family Moving!

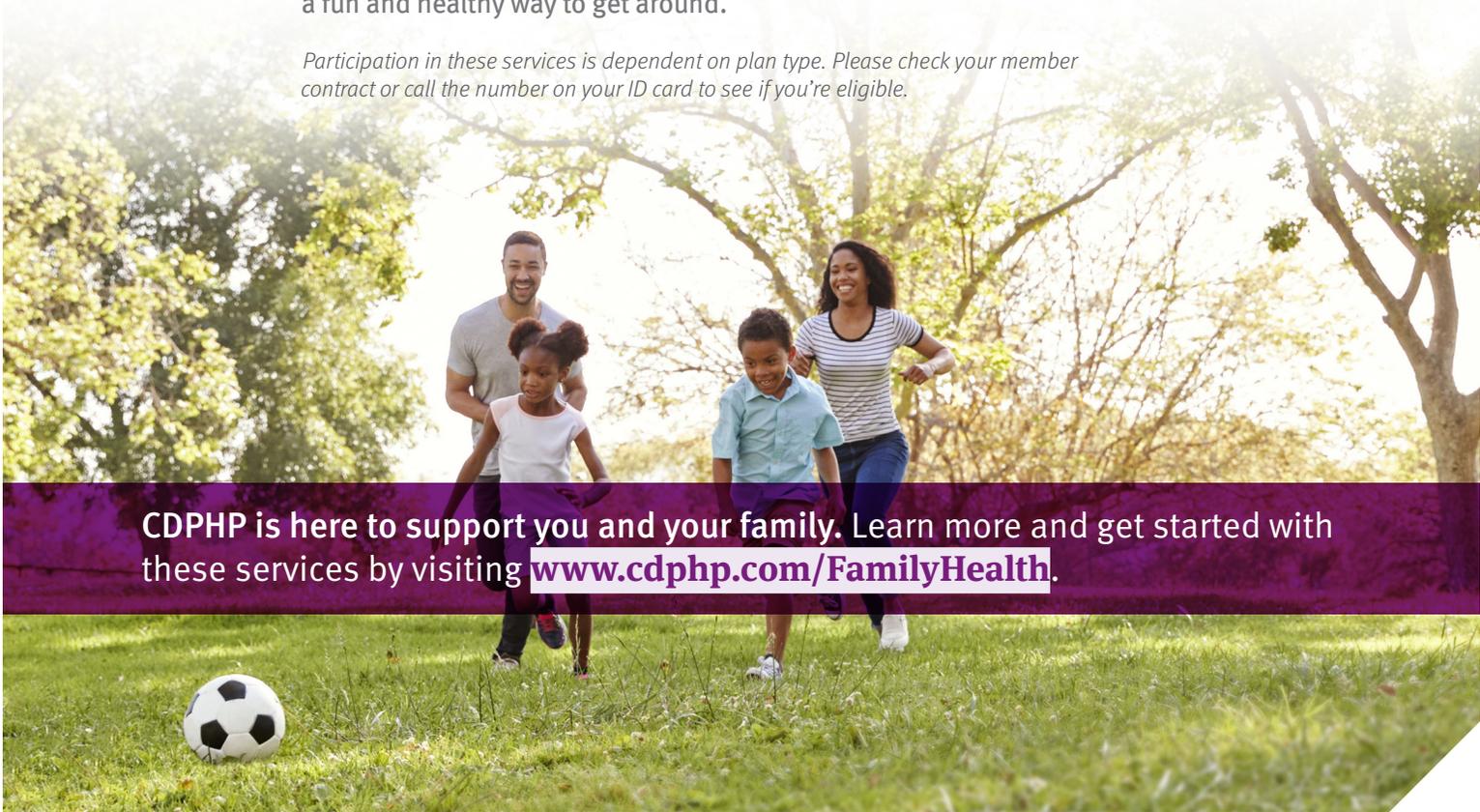
Exercise can be fun and rewarding – especially when you exercise as a family.

**CDPHP Fitness Connect:** Free fitness centers located throughout the Capital Region.

**Kids on the Move:** A training program at the Rudy A. Ciccotti Family Recreation Center gives children ages 7-15 exercises that build healthy muscles, bones, and joints.

**CDPHP Cycle!:** A state-of-the-art bike sharing program that gives Capital Region families a fun and healthy way to get around.

*Participation in these services is dependent on plan type. Please check your member contract or call the number on your ID card to see if you're eligible.*



CDPHP is here to support you and your family. Learn more and get started with these services by visiting [www.cdphp.com/FamilyHealth](http://www.cdphp.com/FamilyHealth).

#### 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)。





# 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® teams 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.

## **DOCTOR ON DEMAND®**

Doctor on Demand physicians treat members of all ages 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](https://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.*

## **APTIHEALTH**

Aptihealth provides personalized, goal-oriented teletherapy for members ages 18 and up, specializing in the treatment of severe mental illness. CDPHP members can enroll by visiting [aptihealth.com/CDPHP](https://aptihealth.com/CDPHP). Participating primary care providers, specialty physicians, and hospitals can also refer members to aptihealth. Care typically begins within 48 hours. *Some employers who are self-funded do not offer this benefit.*

## **VALERA HEALTH**

Valera Health provides ongoing telemedicine services for members of all ages with mood, anxiety, and pediatric/adult/geriatric psychiatry. CDPHP members can visit [valerahealth.com/consult](https://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.



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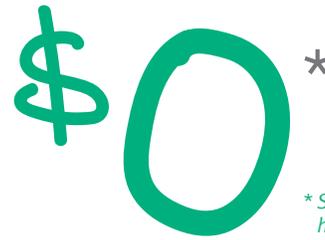
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# Quality Care – Anytime, Anywhere



\* 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.\*\* 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, 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](https://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](https://doctorondemand.com/cdphp/join) to learn more.

\*\* Costs vary by plan type.

# Mental Health Resources from Doctor On Demand<sup>®</sup>



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

## Getting Started

1. Download the Doctor On Demand app from the App Store or Google Play
2. Create an account
3. Add your CDPHP coverage to ensure your visits are priced correctly

*\* Subject to \$0 cost sharing. Deductible will apply on HSA qualified high deductible plans.*



For more information, visit [doctorondemand.com/behavioral-health](https://doctorondemand.com/behavioral-health).

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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）。

# 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. 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](http://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!

	<b>aptihealth</b>	<b>Doctor On Demand®</b>	<b>Valera</b>
Age	Adults (18+)	Adults, adolescents, and children	Adults, adolescents, and children
Specialty	Mild symptoms to severe, persistent mental illness	Anxiety, depression, postpartum, relationships, trauma, and loss	Culturally-competent care, including LGBTQ services
Urgency	Care within 48 hours	Care within 48 hours	Care within one week of initial consultation
Language	English only	Translation services available	Translation services available
	<a href="http://aptihealth.com/CDPHP">aptihealth.com/CDPHP</a>	<a href="http://cdphp.com/doctorondemand">cdphp.com/doctorondemand</a>	<a href="http://cdphp.com/valera">cdphp.com/valera</a>

## 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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Capital District Physicians' Health Plan, Inc. | CDPHP Universal Benefits,® Inc. | Capital District Physicians' Healthcare Network, Inc. 21-18528



# 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](http://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**

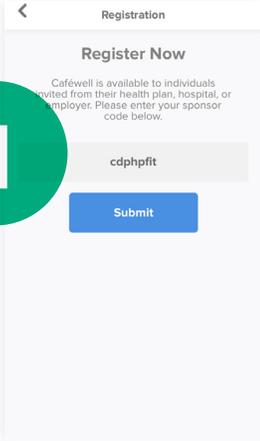
### Register for CaféWell.

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.



1

Registration

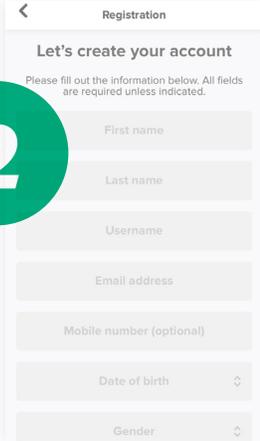
Register Now

CaféWell is available to individuals invited from their health plan, hospital, or employer. Please enter your sponsor code below.

cdphpfit

Submit

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



2

Registration

Let's create your account

Please fill out the information below. All fields are required unless indicated.

First name

Last name

Username

Email address

Mobile number (optional)

Date of birth

Gender

Enter information to create your account.



3

Registration

Security questions

Please select three questions and enter their answers on the next screen.

What was the first name of your best friend from high school?

What is the middle name of your oldest child?

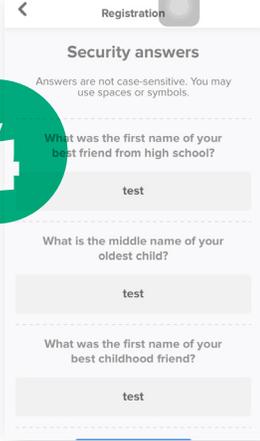
What was the first name of your best childhood friend?

What is the first name of your oldest niece?

What is your oldest cousin's

Next

Select the security questions you wish to answer.



4

Registration

Security answers

Answers are not case-sensitive. You may use spaces or symbols.

What was the first name of your best friend from high school?

test

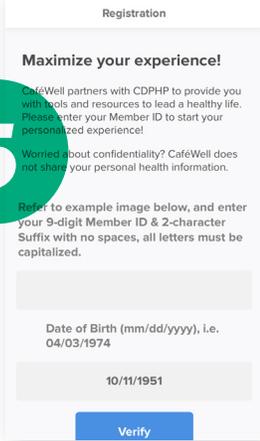
What is the middle name of your oldest child?

test

What was the first name of your best childhood friend?

test

Input the answers to the security questions.



5

Registration

Maximize your experience!

CaféWell partners with CDPHP to provide you with tools and resources to lead a healthy life. Please enter your Member ID to start your personalized experience!

Worried about confidentiality? CaféWell does not share your personal health information.

Refer to example image below, and enter your 9-digit Member ID & 2-character Suffix with no spaces, all letters must be capitalized.

Date of Birth (mm/dd/yyyy), i.e. 04/03/1974

10/11/1951

Verify

Enter your CDPHP member ID number from your ID card.



6

Good afternoon

SPONSORED BY

CDPHP LifePoints

Start using CaféWell!

For questions, please contact CaféWell at 1-877-868-2003 or [cdphp@cafewell.com](mailto:cdphp@cafewell.com).



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# Free virtual fitness classes

Get fit from the comfort of home with free online fitness classes from CDPHP.

You do NOT have to be a CDPHP® member to take advantage of this free community resource.

Workouts include aerobic exercises, strength training, boxing, yoga, and more.

To see what classes are available, visit [www.cdphp.com/classes](http://www.cdphp.com/classes) and click on the **Start Watching** box.





# Kids in sports? Get up to \$200 back!

CDPHP® members on most plans can be reimbursed up to \$200 per plan year for youth sports.\*

Any organized sport qualifies for covered dependents under age 18.

To learn more about getting reimbursed, visit [www.cdphp.com/fitnessreimbursement](http://www.cdphp.com/fitnessreimbursement).



*\* Benefit does not apply to all plans. Log in at [cdphp.com/wellness-services](http://cdphp.com/wellness-services) and look for Fitness Reimbursement in the Your Coverage box or call the number on your ID card to determine eligibility.*

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# Save money on your prescription drugs with CDPHP<sup>®</sup> ConnectRx, On the Go

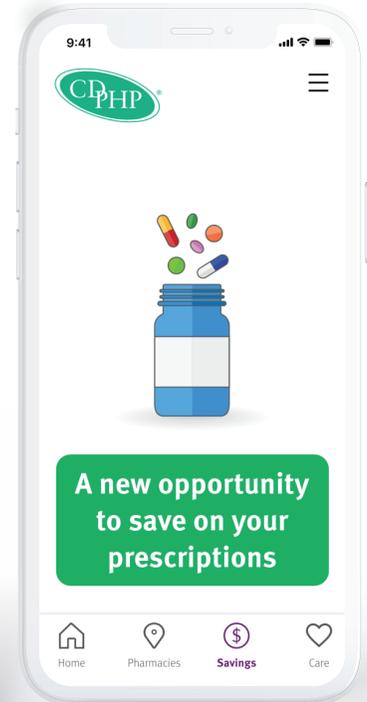
You may be overpaying for your medications. We can help.

Our pharmacy app will enable you to:

- ▶ View your current medication list and alert you to savings opportunities
- ▶ See if you're eligible for additional savings using a CDPHP Rx for Less pharmacy
- ▶ Request a medication or pharmacy switch
- ▶ View how much a medication will cost
- ▶ Get alerts about screenings or appointments you may need to keep you healthy
- ▶ And more!

## Get Started

- ▶ Download **CDPHP ConnectRx, On the Go** from your app store
- ▶ Have your CDPHP member ID handy to fill in your personal information
- ▶ Check your email for an activation code
- ▶ Complete your registration and begin using the app to save money on your prescriptions!



Need help with the app? Call 1-800-266-6117 or email [appsupport@levrx.com](mailto:appsupport@levrx.com).



*Applies if CDPHP provides the pharmacy benefit for your plan.*

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# 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 ConnectRx, 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
<b>ANTI-INFLAMMATORY</b>		
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
<b>ASTHMA</b>		
ALBUTEROL NEB 0.083%	150	\$5.00
IPRATROPIUM NEB 0.2 MG/ML	150	\$3.00
MONTELUKAST 10MG TAB	100	\$1.00
<b>BEHAVIORAL HEALTH</b>		
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
<b>BLOOD THINNER</b>		
WARFARIN/JANTOVEN 1 MG - 10 MG TAB	100	\$1.00
<b>CARDIAC/BLOOD PRESSURE</b>		
<b>ACE INHIBITORS</b>		
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
<b>ANGIOTENSIN II RECEPTOR BLOCKERS (ARBs)</b>		
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
<b>BETA-BLOCKERS</b>		
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
<b>CALCIUM CHANNEL BLOCKERS</b>		
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
<b>DIURETICS</b>		
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
<b>OTHER – CARDIAC</b>		
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
<b>CHOLESTEROL (STATINS)</b>		
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
<b>DIABETES</b>		
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
<b>GOUT</b>		
ALLOPURINOL 100 MG, 300 MG TAB	100	\$1.00
<b>OSTEOPOROSIS</b>		
ALENDRONATE SODIUM 35 MG, 70 MG TAB *	12	\$3.00
<b>STEROIDS</b>		
PREDNISONE 5 MG, 10 MG TAB	100	\$1.00
<b>VITAMINS/SUPPLEMENTS</b>		
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 Advantage member, please review your Rx for Less listing at [www.cdphp.com/save](http://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）。



# 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:

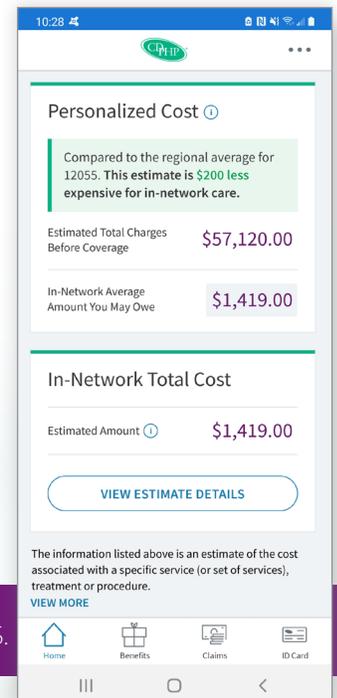
- ▶ Check out the costs\* of a wide variety of procedures and services – with more being added all the time!
- ▶ Find provider and cost information by location
- ▶ Review how expenses could affect your deductible, health spending account, and out-of-pocket costs

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](http://member.cdphp.com) to get at-a-glance estimates of procedure costs.



## PRICE CHECK™

*\* 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.*

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# Want to save money on lab and radiology services\*?

When you need lab work or radiology services, you can save on your out-of-pocket costs by simply choosing a preferred location.

First, ask your prescribing provider for a prescription for the services needed.

Then, choose a preferred site to have the testing covered in full or at a reduced cost for most CDPHP® plans.

Visit [findadoc.cdphp.com](http://findadoc.cdphp.com) and follow these three easy steps:

1. Enter your **location** and **plan type**
2. Select **Places by type** from the **Category** drop-down menu.
3. Type **Preferred Lab Drawing Station** for preferred labs.  
Type **Preferred Radiology Network** for preferred imaging locations.



*\* Refer to your member materials or call member services at the number on your ID card to determine which services are applicable to the deductible, copayment, and/or coinsurance.*

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# your path to family health made easier

Ovia Health™ has partnered with CDPHP to provide maternity and family benefits that support you through your entire parenthood journey

To receive these personalized health and wellness benefits, you'll need to download Ovia and launch your account:

- 1 Download the app that's right for you
- 2 Select "I have Ovia Health as a benefit" during signup and enter **CDPHP**
- 3 Already have an Ovia app on your phone?
  1. Open your app and tap "Health" to take the Ovia Health Assessment
  2. Tap "Update my healthcare information" and enter **CDPHP**



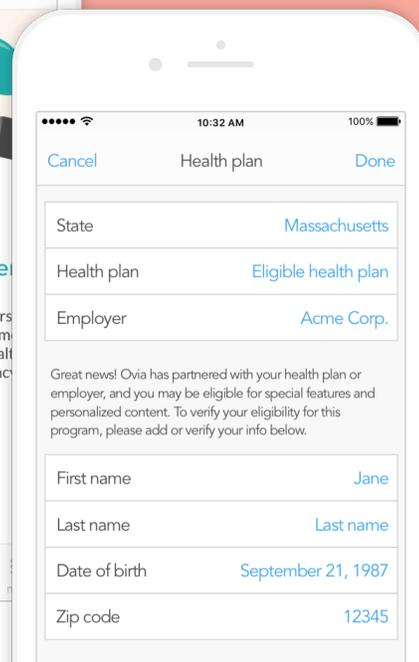
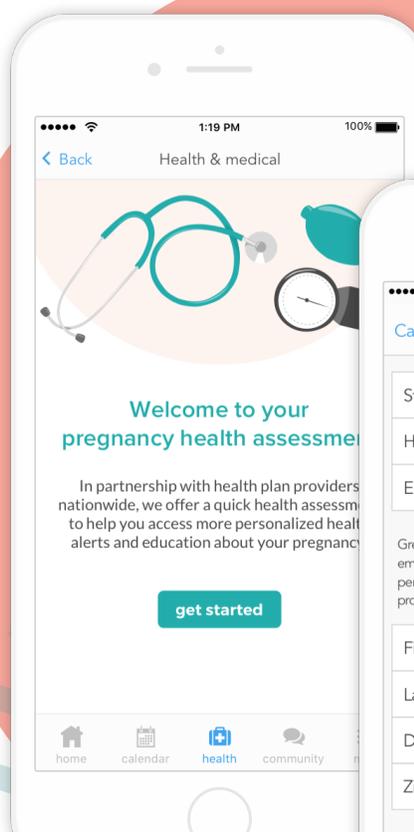
Ovia® Fertility  
Health & Fertility



Ovia® Pregnancy  
Pregnancy & Postpartum



Ovia™ Parenting  
Family & Working Parents



**All Ovia Health members have access to these features:**

- ✓ Health and menstrual cycle tracker
- ✓ Pregnancy calendar and daily baby updates
- ✓ Child's development checklist
- ✓ Parental wellbeing tips
- ✓ Daily health and wellness content



**As a CDPHP member, you'll have premium access to enhanced, personalized health and wellness features:**



**Health assessment and symptom tracking**

Receive alerts and predictive, personal coaching when Ovia detects a potential medical issue



**Over fifty physician-developed clinical programs to help you be as healthy as possible**

Engage with personalized health and wellness programs to help you navigate infertility, sexual health, birth planning, prenatal nutrition, mental health, breastfeeding, and more



**Unlimited 1-on-1 coaching**

Message instantly with Ovia Health coaches to ask all your questions



**Benefits library**

Learn about and access your other CDPHP benefits from one centrally located, easy to find place



**Career and return-to-work programs**

Find coaching and career advice for preparing for maternity leave, returning to work, and being a working parent

We understand that your personal health is private, and we take that seriously. You can find out more by reading our Privacy Policy.

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ovia health™ +



A series of horizontal dotted lines for writing.