

2020 Scotia-Glenville CSD
\$25 Copay EPO

CDPHP[®] Group Benefit Offering



A plan for life.



Keeping You Healthy

As a health plan that puts its members first, CDPHP® provides a personalized experience and delivers the tools and resources you need to live your **healthiest life**. Whether you're trying to improve your health or maintain an active lifestyle, CDPHP has you covered.



ZIPONGO®

Healthy recipes, meal planners, grocery deals, and more through our nutrition app.

GYM AND WEIGHT MANAGEMENT REIMBURSEMENTS

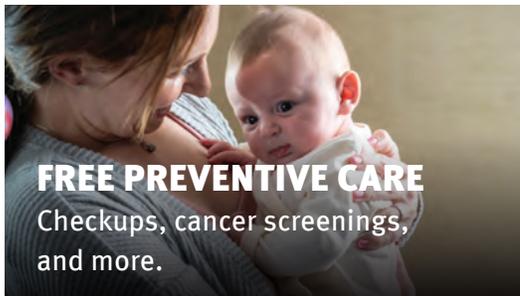
Get reimbursed up to **\$600** for going to the gym and **\$75** for completing a weight loss program

LIFE POINTS®

Earn points that can be redeemed for gift cards* by completing healthy activities through CaféWell®.

CDPHP CARE TEAM

Talk one-on-one to nurses, dietitians, and care coordinators for personalized support.



FREE PREVENTIVE CARE

Checkups, cancer screenings, and more.

DOCTOR ON DEMAND®

Visit the doctor via laptop or smartphone 24/7. Now available **on all plans!**

NO-COST WELLNESS

Free gym access and nutrition services.

INNOVATIVE TOOLS

Monitor your health, prevent or manage diabetes, and more.

For details, visit www.cdphp.com/need.

*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.

Finding Doctors, Specialists, and More

Access to Doctors

CDPHP makes it easier than ever to locate a doctor with the redesigned online search tool, Find-A-Doc. Visit findadoc.cdphp.com, enter some brief information, and you'll be on your way to finding the doctor or specialty provider you need!

Within Find-A-Doc, you'll have access to an extensive list of preferred locations for free or reduced cost radiology, X-ray, laboratory services, and more.

24/7 Account Access

View and manage your benefits from anywhere on the new CDPHP member account and app. Log in or register at member.cdphp.com.

- ▶ View your medical, dental, and prescription drug benefits
- ▶ Replace missing ID cards
- ▶ Communicate with CDPHP
- ▶ Track, submit, and verify claims if you have a funding account



Finding the Care You Need



Start With Your Doctor

In a non-emergency situation, it's important to start with your primary care doctor. He or she knows your health status best and can treat many health issues.

When choosing a new primary care doctor, consider one who participates in the CDPHP Enhanced Primary Care program. These doctors have proven that they can lower costs while providing better, more comprehensive care. Look for the Enhanced Primary Care icon when searching on Find-A-Doc. 

Try Doctor On Demand®

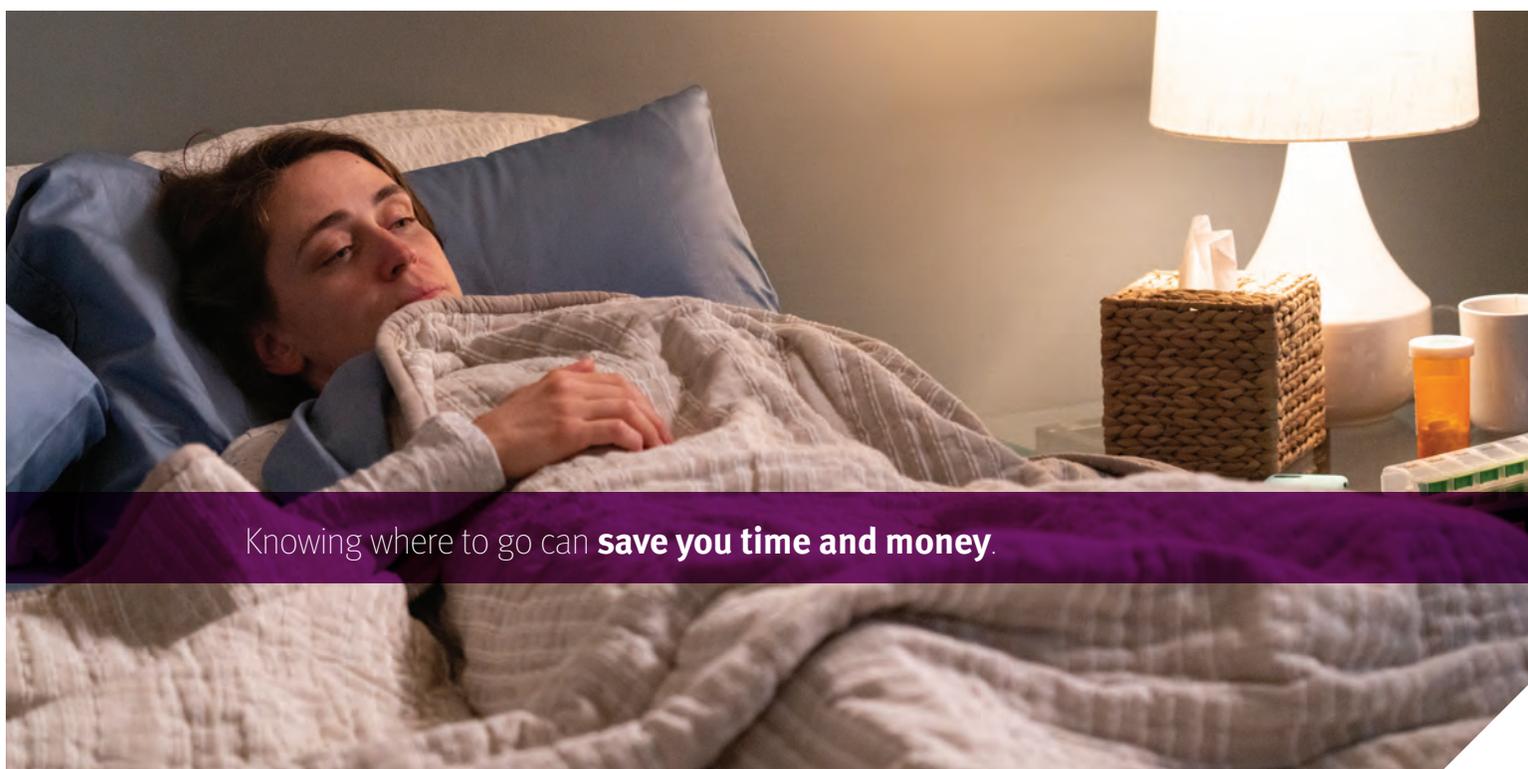


Visit the doctor from the comfort of home through your mobile device or computer. Doctor On Demand treats many medical and mental health conditions and is available 24/7. Learn more at www.cdphp.com/DOD.

Urgent Care Before ER



If your doctor isn't available, visit an urgent care location before going to the ER. Urgent care has short wait times and is more economical. **In fact, visits to the ER are generally not covered for non-emergency services.**



Knowing where to go can **save you time and money.**



Ongoing Support

CDPHP Customer ConnectSM

Meet face to face with a CDPHP representative to get answers to your claims and benefit questions, request ID cards, enroll, and more. Please visit www.cdphp.com/customerconnect for hours and additional information.

Diabetes Resources

Prevent or manage diabetes with no-cost apps, programs, and support. To learn more, visit www.cdphp.com/diabetes.

CDPHP Care Team

Have a health concern? To talk one-on-one with a member of the CDPHP Care Team, including nurses, dietitians, and care coordinators, call **1-800-365-4180**.

MedCheck

CDPHP MedCheck is designed to improve the safety of prescription drug use and the management of chronic disease. Call the number on your member ID card to get started.

CDPHP[®] Smoke-Free[™]

Our no-cost telephonic smoking cessation program can help you kick the habit for good. For details, visit www.cdphp.com/quitsmoking.

Mental Health Counseling

If you need mental health support, call **1-888-320-9584** Monday through Friday from 8 a.m. to 6 p.m. For help after-hours, call **1-855-293-0785**.



EPO



Combining Quality and Convenience

Comprehensive coverage, wherever you go

With the exclusive provider organization (EPO), you get comprehensive coverage and a wide range of choices. As long as you seek care within the national network, you pay only a fixed copayment and a deductible (if any), or coinsurance per visit, with no referrals, and no surprises.

To locate a doctor, visit findadoc.cdphp.com.

With our EPO plan:

No charge for certain preventive care visits:



CHECKUPS



VACCINATIONS



WELL-WOMAN AND
WELL-BABY CARE



CANCER SCREENINGS

PLUS:

- ▶ Travel out of the service area and CDPHP covers you worldwide for emergency care.
- ▶ The EPO includes coverage virtually anywhere in the nation.
- ▶ No specialist referral paperwork required.
- ▶ Single-source referral phone line ([1-888-94-CDPHP](tel:1-888-94-CDPHP)) directs you to the program that best fits your needs.

Have a question?

Call member services at the number on your ID card any weekday between 8 a.m. and 8 p.m.

You also have access to your benefit information online, any time, by logging in to www.cdphp.com.

IF YOUR PLAN HAS A DEDUCTIBLE

A deductible is the amount you pay for covered health care services before your insurer begins paying. If your cost exceeds that amount, your plan will cover the remainder, or a percentage of it. Refer to your member contract for specific deductible information for your plan.

MEMBER BENEFIT QUESTIONS: 1-877-269-2134
PRIOR AUTHORIZATION REQUESTS: 1-800-274-2332



Five things you should know as you get started with CDPHP®

- 1** You do not need to designate a primary care physician or seek a referral before seeing a participating specialist.
- 2** All of your care must be provided within the CDPHP UBI network.
- 3** Out-of-network care is covered only in an emergency or if pre-approved by CDPHP UBI.
- 4** To find participating physicians across the nation, go to findadoc.cdphp.com.
- 5** If your benefit plan calls for a deductible or percentage coinsurance, please ask your physician's office to file a claim on your behalf and bill you later for the balance you owe.

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[®] EPO Plan Benefit Summary



Plan Code: CASHIC420
 Group ID: 10007432
 Presented For: Scotia-Glenville Central School District
 Date Prepared: 11/21/2019
 Effective Date: 07/01/2020

In-Network

Cost Sharing Information	
Deductible	N/A Single / N/A Family
Out of Pocket Maximum	\$7,900 Single / \$15,800 Family (Embedded)
Office Visits	
PCP	\$25 Copayment
Live Video Doctor Visits (24/7 Sick Visits, Behavioral Health, Telenutrition)	\$10 Copayment
Specialist	\$25 Copayment
Preventive and Well Care Services*	
Well Baby and Child Care including immunizations	Covered in Full
Annual Adult Exam (One exam per plan year regardless if 365 days have passed)	Covered in Full
Mammography	Covered in Full
Annual Pap Test and Ob/Gyn Exam	Covered in Full
Prostate Cancer Screening	Covered in Full
Bone Density Tests	Covered in Full
*Cost sharing may apply to diagnostic care	
Hospital Services	
Inpatient Hospital (semi-private room, anesthesia, X-Ray, lab tests, etc)	\$250 Copayment
Outpatient Surgery	\$100 Copayment
Maternity Services*	
Maternity - Routine Prenatal Care and Postnatal Care	Covered in Full*
Maternity - Inpatient Hospital Services	\$250 Copayment
Newborn Nursery	Covered in Full
*(Non-routine services may result in an additional cost share)	
Emergency Care	
Worldwide Emergency Room Care (waived if admitted inpatient)	\$150 Copayment
Ambulance	\$150 Copayment
Urgent Care	
Nonparticipating urgent care facility services within the CDPHP UBI service area are not covered	\$35 Copayment
Diagnostic Testing*	
Outpatient Hospital or Office Based Laboratory Services: * Copayment waived if provider is a designated laboratory.	\$25 Copayment
Outpatient Hospital or Office Based Radiology Services: * Copayment waived if is a preferred center.	\$25 Copayment
Behavioral Health Services	
Mental Health/Substance Use Inpatient Services	\$250 Copayment
Mental Health/Substance Use Outpatient Services	\$25 Copayment
*(Up to 20 visits per plan year may be used for family counseling without the patient for substance use)	
Condition Support Services	
Outpatient Rehabilitation/ Habilitation Services - Physical Therapy	\$25 Copayment (120 visits per benefit period)
Outpatient Rehabilitation/ Habilitation Services - Speech Therapy	\$25 Copayment (60 visits per benefit period)
Outpatient Rehabilitation/ Habilitation Services - Occupational Therapy	\$25 Copayment (120 visits per benefit period)
Home Health Care	Covered in full

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	In-Network
Skilled Nursing Facility	\$0 Copayment (90 days per benefit period)
Chemotherapy/Radiation Therapy visit (See also Prescription Drugs Administered in Office for Drug cost share)	\$25 Copayment
Prosthetic Appliances and Durable Medical Equipment	20% Coinsurance
Diabetic Services	
Includes Insulin, oral medication, needles and syringes - up to a 30 day supply, Glucometers and Diabetic DME	\$25 Copayment
Vision Services	
Laser Eye Surgery	Up to a maximum of \$750 reimbursement for eligible eye surgeries and consultations per lifetime
Wellness Care	
Weight Management	Up to a \$75 reimbursement available for participation in a weight loss program
Fitness Reimbursement	Up to \$200 reimbursement per 50 visits for subscriber (max \$400 reimbursement per year) and \$100 reimbursement per 50 visits for spouse (max \$200 reimbursement per year)
Child Birthing Classes	Up to \$75 reimbursement available for completion of child birthing class
CaféWell Participation	Participating (Up to \$180 Life Points per contract per calendar year)
Acupuncture (10 visit limit per plan year for acupuncture services)	\$25 Copayment
Nutritional Counseling	\$25 Copayment
Chiropractic Benefits	\$25 Copayment

This Summary of Benefits is intended to provide a general outline of coverage. In the event of any conflict between this document and the member's Certificate and any applicable Rider(s) issued by CDPHP, the Certificate and Rider(s) will be the controlling documents.

CDPHP UBI gives you access to more than 825,000 participating practitioners and providers nationwide, including many of the major hospitals, and a variety of value-added services to help you and your family stay healthy. If you have a question or wish to receive additional information, please contact the CDPHP marketing department at (518) 641-5000 or 1-800-993-7299 or visit our Web site at www.cdphp.com.

Please Note. All non-emergency services must be provided by a CDPHP Universal Benefits, Inc.[®] (CDPHP UBI) Participating Physician/provider (including hospital admissions) unless otherwise preauthorized by CDPHP UBI. Please Note. All non-emergency services must be provided by a CDPHP Universal Benefits, Inc.[®] (CDPHP UBI) Participating Physician/provider (including hospital admissions) unless otherwise preauthorized by CDPHP UBI.

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Your employer has chosen the following rider(s) to modify the Plan under which you would be covered as a CDPHP Member.

DME Riders									
Rider Name	DME2								
Description	Durable medical equipment, prosthetics, orthotics, and oxygen are covered at 20% coinsurance in-network. There is no coverage for orthotic shoe inserts.								
Domestic Partnership									
Rider Name	ELG12								
Description	Provides coverage for an eligible same or opposite sex domestic partner and his or her eligible dependent children.								
Medicare Split Family Rider									
Rider Name	ELGMC								
Description	Medicare Split Family Rider								
Pharmacy Coverage									
Rider Name	EPRXL5A20								
Description	<p>Retail Prescription Drugs (30 Day Supply)</p> <table border="0"> <tr> <td>Tier 1 Drugs</td> <td>\$5</td> </tr> <tr> <td>Tier 2 Drugs</td> <td>\$25</td> </tr> <tr> <td>Tier 3 Drugs</td> <td>\$40</td> </tr> <tr> <td>Specialty Drugs</td> <td>\$40</td> </tr> </table> <p>Mail order, 2.5 copayments for a 90-day supply. Prescriptions must be written by a duly licensed health care provider and filled at a participating pharmacy, unless otherwise authorized in advance by CDPHP. Specialty drugs are not eligible for the mail order program and require preauthorization to be obtained through CDPHP's participating specialty vendors. Prescription drugs are not subject to the plan deductible, if applicable.</p>	Tier 1 Drugs	\$5	Tier 2 Drugs	\$25	Tier 3 Drugs	\$40	Specialty Drugs	\$40
Tier 1 Drugs	\$5								
Tier 2 Drugs	\$25								
Tier 3 Drugs	\$40								
Specialty Drugs	\$40								
Surviving Spouse									
Rider Name	ELG17								
Description	Extends eligibility for surviving spouse and dependents upon the death of the subscriber.								
Vision Coverage									
Rider Name	VSN2								
Description	One routine eye exam is available every 24 months, commencing on the group effective date, without referral, refer to specialist office visit for cost share.								

Dependable Rx Coverage



Prescription medications can have a big impact on your health - and on your wallet. That's why it's important to know how your prescription drug coverage works. CDPHP makes it easy to save at the pharmacy and get the medications you need.



A Penny a Pill!*

With Rx for Less, get deep discounts on specific generic drugs at any CVS/pharmacy, Hannaford, Market 32 and Price Chopper, ShopRite, Target, or Walmart.



Mail Order**

If you take medications for chronic conditions, consider signing up for the **Prescription Mail Order Service**, which allows you to obtain up to a 90-day supply mailed to your home.



Save Big at CVS!

The CVS ExtraCare® Health card offers a 20 percent discount on CVS brand health products. You'll receive your card in the mail when your plan starts.

Check your CDPHP member ID card to find out which formulary (list of covered drugs) is available with your plan. The tier assigned to a drug determines how much you will pay for it. Excluded drugs are covered only by medical exception, which your doctor can apply for.

CDPHP partners with Caremark®, a national prescription benefit manager. With the Premier Rx network, you can fill prescriptions at virtually all chain store pharmacies and most independents.

Visit www.caremark.com or call Caremark 24/7 at **1-888-292-6330** to find out:

- ▶ If a particular drug is covered
- ▶ How much you can expect to pay
- ▶ If there is a generic alternative

For more information, visit www.cdphp.com/RxCorner.



* Rx for Less does not apply to mail order service.

** Specialty pharmacy agents, including injectables and certain drugs used to treat hepatitis C, HIV, multiple sclerosis, and other serious conditions, are not eligible for this program. Get more information about specialty drugs at <https://www.cdphp.com/members/rx-corner/specialty-drugs>.

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.

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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.

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.



LifePoints®

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.

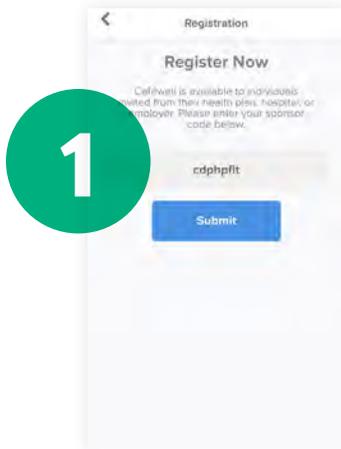
All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.



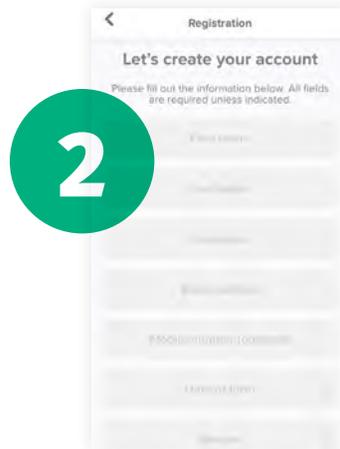
A plan for life.

Mobile Phone Registration

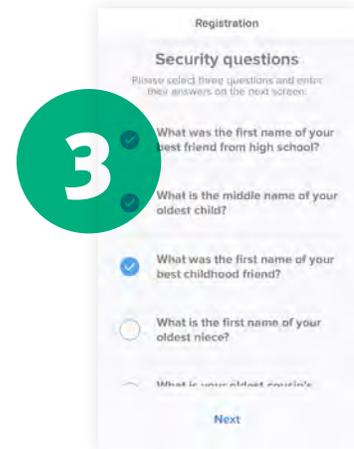
As an additional option, you can also register for CaféWell on your smartphone. Simply download the mobile app from your app store then follow the steps below.



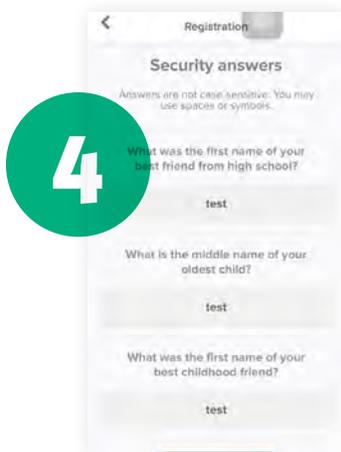
Open the CaféWell app and enter sponsor code **CDPHPfit**. Click **Submit**.



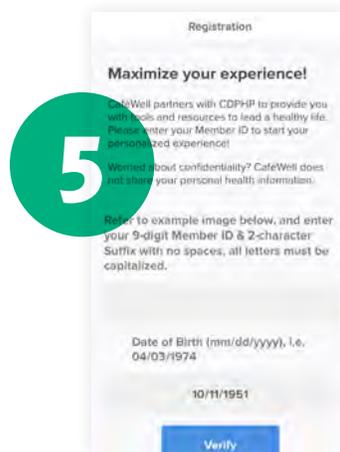
Enter information to create your account.



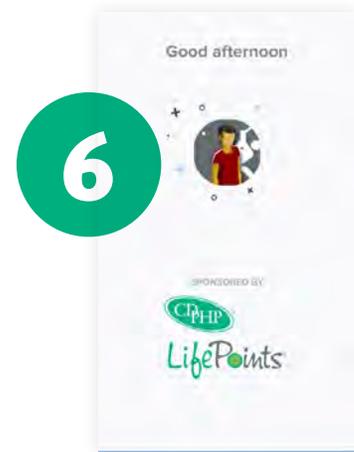
Select the security questions you wish to answer.



Input the answers to the security questions.



Enter your CDPHP member ID number from your ID card.



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）。

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.



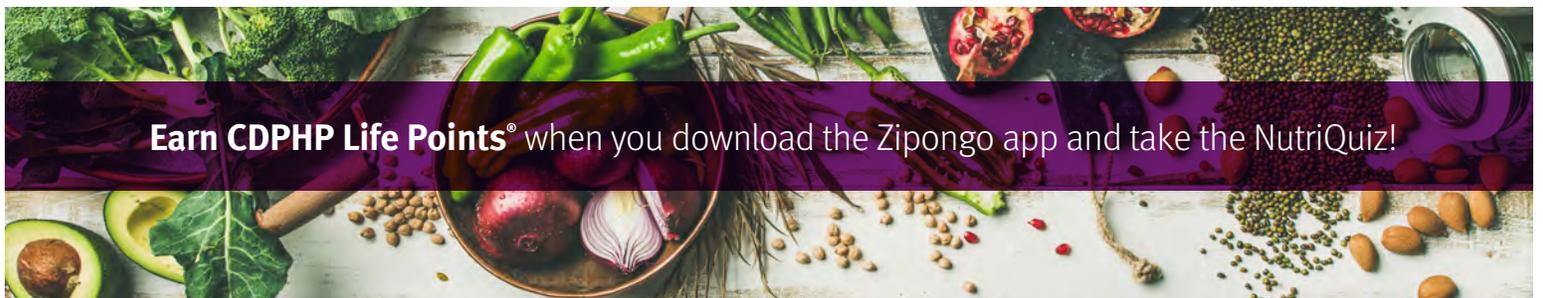
Food is medicine. Zipongo® makes eating well fun!

Zipongo helps you make healthier food choices when you're cooking at home, ordering takeout, or eating out. Here are just a few of the cool tools you'll have access to:

- ▶ Grocery deals at your favorite stores
- ▶ Recipes personalized for you
- ▶ Drag-and-drop meal planners
- ▶ Meal kit delivery
- ▶ One-click grocery lists and online ordering through Instacart*
- ▶ Restaurant guidance – tips and tricks to make healthier choices at restaurants
- ▶ Telenutrition – virtual, one-on-one nutrition coaching**

Ready to Get Started? Great!

- ▶ Log in to your member account at member.cdphp.com and click the **Go to CaféWell** button. Don't have a CaféWell account yet? No problem! Registration is quick and simple.
- ▶ Once in CaféWell/Life Points, click on the Zipongo banner to join the program.
- ▶ Take the quick NutriQuiz and Zipongo will highlight areas for improvement.
- ▶ Download the Zipongo app and use your CaféWell username and password to log in. **HINT** – if you've forgotten yours, check out your CaféWell profile for help!



* Availability varies by location.

** Cost-share may apply. See your member contract for details.

All services may not be available with all plans. Please check your plan contract for details.

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