



Wellness Resources

In Your Community

Free Gym Access

Get and stay active by joining the five free CDPHP Fitness ConnectSM gyms in the Capital Region. Visit www.cdphp.com/fitnessconnect for more information.

Free Wellness Classes

As a CDPHP member, you have access to more than 300 free wellness classes each year. Go to www.cdphp.com/classes or call (518)-641-4800 to learn more.

CDPHP Customer ConnectSM

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

The Healthy Living Center

(inside Hannaford)
900 Central Ave., Albany
www.HealthyAlbany.org
or (518) 729-4732

Capital Region Health Park

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

Rudy A. Ciccotti Family Recreation Center

40 Aviation Road, Albany
(518) 640-6789

Helping Members Get and Stay Healthy

Weight Watchers[®] Rebate Program

Weight Watchers can help you eat healthier, get active at your own pace, and follow your weight-loss plan. Participate in a Weight Watchers program for a minimum of three months (meetings or online) and receive a rebate of up to \$75. Visit www.cdphp.com/weigh2be to download the rebate form.

The Healthier Generation Benefit

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



Founded by the American Heart Association and the Clinton Foundation

Health Coach ConnectionSM

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

Single-Source Referral Line

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

CDPHP Quit Smoking Support

Whether you prefer in-person, online, group, or individual programs, find the information you need to successfully quit. Visit www.cdphp.com/quitsmoking.

CDPHP Mom 2 Be Program

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



The Daily Dose and Health e-Updates

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

Saving Money and Earning Rewards

Rx for Less

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

Life Points® Rewards Program

The CDPHP Life Points program is part of CaféWell®, an interactive health and wellness website. You may be eligible to receive rewards for your healthy behaviors. Log in to www.cdphp.com and look for the Life Points logo to learn more.



Cool Tools

My CDPHP Mobile App

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

CDPHP Insights

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



A plan for life.