

# Wellness Resources



## Manage Your Health

### Single-Source Referral Line

CDPHP offers many services and programs designed to meet your unique health needs. Call **1-888-94-CDPHP (942-3747)** and leave a confidential message. A qualified professional will call you back to help connect you with the right resources.

### Health Coach Connection<sup>SM</sup>

Call **1-800-365-4180** to speak one-on-one with a trained health coach anytime, day or night.

### 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](http://www.cdphp.com/pregnancy).



### 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](http://www.cdphp.com/quitsmoking).

### Weight Management Support

Our weight management site addresses nutrition, exercise, and stress management. Visit [www.cdphp.com/weight-management](http://www.cdphp.com/weight-management) for additional resources and support.



## Take Charge of Your Health

### Free Wellness Class Schedule

As a CDPHP member, you have access to more than 300 free wellness classes each year. Go to [www.cdphp.com](http://www.cdphp.com), click on the **Classes & Events** tab, followed by **Free Wellness Classes!** Or, call **(518) 641-4800** to learn more.

### The Daily Dose and Health e-Updates

Visit [blog.cdphp.com](http://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](http://www.cdphp.com/members).

## Member Benefits

### Service Centers

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](http://www.HealthyAlbany.org) or  
(518) 729-4732

- ▶ CDPHP Service Center – Latham  
Capital Region Health Park (first floor)  
711 Troy-Schenectady Road, Latham  
(518) 640-6789

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### Rx for Less

Get discounts on specific generic drugs when purchased at participating retailers. Visit [www.cdphp.com](http://www.cdphp.com) and click the **Rx Corner** tab for more information.

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### 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](http://www.cdphp.com/healthykids) for more details.



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### Life Points® Rewards Program

You may be eligible to receive rewards for your healthy behaviors. Visit [www.cdphp.com](http://www.cdphp.com) and click the **Wellness & Treatment** tab to learn more.



## Cool Tools

### CaféWell®

Visit [www.cafewell.com/cdphpfit](http://www.cafewell.com/cdphpfit) to join in community discussions and participate in wellness challenges to improve and maintain your health.



### CDPHP® InMotion<sup>SM</sup>

Track, log, and analyze your fitness and nutrition activities. Visit [inmotion.cdphp.com](http://inmotion.cdphp.com) or download the InMotion app.

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### 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](http://www.cdphp.com/mobile) to download My CDPHP Mobile.



*Please note that the majority of the resources listed are only available to CDPHP members. The Rx for Less program is available to members who have prescription coverage through CDPHP.*