



CDPHP® Health Resources

Helping Members Get and Stay Healthy

CaféWell®

An interactive health and wellness website that provides personalized activities. Log in at member.cdphp.com and click on the CaféWell box to get started.



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](tel:1-888-942-3747) to chat with the team between 9 a.m. and 5 p.m. Monday through Friday. You can also stay in touch with the CDPHP Care Team using the Valera app, with live chat options and resources to help you stay on track with your health. Ask the Care Team for details.

Mental Health Support

Get personal assistance and connected to a variety of resources for addressing mental health concerns. Call [1-888-320-9584](tel: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](tel:1-855-293-0785).

Family Health

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 along the way. Learn more at www.cdphp.com/familyhealth.



The Daily Dose

Visit blog.cdphp.com to check out our blog, *The Daily Dose*, for a personal take on a variety of health care topics, like nutrition, exercise tips, and more.



Account Access and More

My CDPHP 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.



In Your Community

Free CDPHP Wellness Classes

As a CDPHP member, you have access to online fitness classes you can take from home. To learn more, go to www.cdphp.com/classes or call (518) 641-4800.



CDPHP Customer ConnectSM

Get answers to your claims and benefit questions, request ID cards, enroll in a health plan, and more. Visit www.cdphp.com/CustomerConnect to find locations or to make an appointment.



CDPHP Cycle!™

A state-of-the-art bike share program that gives families a fun and healthy way to get around. Visit cdphpcycle.com for locations and information.



For more information, 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）。