



# Self-Fund with CDPHP®

HIGH QUALITY BENEFITS, DEDICATED SUPPORT,  
COST CONTAINMENT, AND SO MUCH MORE.

## WHY CHOOSE CDPHP?

Take it from one of our employer groups.

“When I think about CDPHP, I think about accountability and trust. They treat our self-funded money like it's theirs. They are a true partner and are always evolving to stay ahead of the health care curve.”

**Mike Brady**

Administrator for Laborers'  
Local 157 Benefit Funds



# Keeping your employees healthy means more than just processing their claims.

## *You know it. CDPHP knows it.*

When you self-fund with CDPHP, you get administration of your health plan, of course, but you also get cost containment, award-winning customer service, and valued-added benefits that not only support employees when they're sick, but help them live their healthiest lives.

### **MORE THAN JUST A HEALTH PLAN.**

At CDPHP, we get to know you, your employees, your company, and your needs. Through innovative programs and partnerships, we're embedded in doctor's offices, hospitals, and pharmacies; ensuring members get the right care, at the right place, at the right time – improving quality and accessibility while lowering the total cost of care. **We're integrated at every level, and local, like health care should be.**

### Industry innovation

The CDPHP account management team combines for more than 50 years of industry and regional experience, but our expertise doesn't end there. We've made groundbreaking moves in the health insurance industry, including our selection of a transparent pharmacy benefit manager, Capital Rx, value-based payments through our Enhanced Primary Care program, our partnership with Community Care Physicians, and our transition of care program. We're also an industry leader in developing unique, custom networks and benefits for self-funded groups, providing detailed reporting and proactively forecasting your spend and member health.

### Transparency

With CDPHP, you have real time access to your data through our employer portal. Our account managers dive into the data with you, answer your questions, and help you make data driven decisions to better manage your overall plan. Full transparency also extends to the pharmacy space, highlighted by our innovative partnership with pharmacy benefit manager Capital Rx, NADAC pricing, rebate pass through, and more to connect our members to the most effective medications with the lowest total net cost. **There are also no hidden fees when you self-fund with CDPHP.**

CDPHP offers a competitive administration fee that includes:

- ▶ Mental health and substance use support
- ▶ Case management
- ▶ High dollar manual claims review
- ▶ Personalized healthy activities
- ▶ Personal health assessment
- ▶ Critical issue and chronic condition support from the CDPHP Care Team
- ▶ National network of over 1,000,000 providers
- ▶ Web-based reporting package
- ▶ CDPHP Price Check digital cost tool
- ▶ CDPHP Hospital to Home
- ▶ Transitions of Care program
- ▶ Maternity resources and support
- ▶ Worksite and virtual wellness
- ▶ Plan customization
- ▶ And so much more!

## Total cost of care

A self-funded administration fee is a small piece of the total cost you pay for health care. CDPHP self-funded plans are competitively priced, but it's everything we do beyond plan administration that ensures your employees get the highest quality care at the lowest cost to your business. Our integrated delivery model aligns members, providers, and CDPHP to make health care more affordable, accessible, and easier to use.

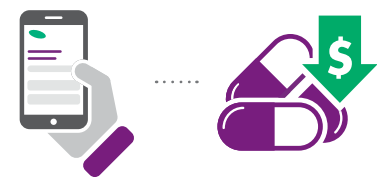
### Check out a few of the ways CDPHP works to improve the member experience and maximize your health care dollars:

**Comprehensive mental health support**, including in-person treatment, a crisis hotline, and live video doctor visits from a smartphone or tablet.



The **CDPHP Care Team** is made up of nurses, dietitians, and care coordinators ready to provide personalized support for members with a chronic condition or a new diagnosis.

The **CDPHP Health Hub** is a digital wellness program that helps members make small, everyday changes on areas they want to improve. By completing healthy activities, members can earn **CDPHP Life Points® Rewards** to be redeemed for gift cards.



**Integrated pharmacy** with full transparency and programs and tools such as discount drug program **Rx for Less** and the **CDPHP Connect Rx, On the Go** pharmacy app.

**Enhanced Primary Care** – a CDPHP program that rewards providers for the quality of care they provide rather than the number of services rendered.



## Questions?

Contact your broker or call CDPHP at **(518) 641-5000** or toll-free at **1-800-993-7299**.

# The hospitals you know and trust

**Need a hospital in the Hudson Valley, New York City, or Western Connecticut?**

CDPHP has you covered.

## **Bronx\***

- ▶ Bronxcare Health System
- ▶ Montefiore Einstein:
  - » Children's Hospital at Montefiore Einstein
  - » Jack D. Weiler Hospital – Einstein Campus
  - » Montefiore Hospital – Moses Campus
  - » Montefiore Hospital – Wakefield Campus
- ▶ NYC Health + Hospitals/Lincoln
- ▶ Saint Barnabas Hospital

## **Delaware**

- ▶ A.O. Fox Hospital – Tri-Town Campus
- ▶ Delaware Valley Hospital – UHS
- ▶ Margaretville Hospital – WMC Health Network
- ▶ O'Connor Hospital – Bassett

## **Dutchess**

- ▶ MidHudson Regional Hospital – WMC Health Network
- ▶ Nuvance Health:
  - » Northern Dutchess Hospital
  - » Vassar Brothers Medical Center

## **Fairfield\***

- ▶ Affiliates in Women's Care Bridgeport Hospital

## **Kings\***

- ▶ Brookdale University Hospital & Medical Center
- ▶ Brooklyn Birthing Center
- ▶ Interfaith Medical Center
- ▶ Kingsbrook Jewish Medical Center
- ▶ Maimonides Medical Center
- ▶ Memorial Sloan Kettering Cancer Center
- ▶ NYC Health + Hospitals/Woodhull
- ▶ University Hospital Of Brooklyn
- ▶ Wyckoff Heights Medical Center

## **Litchfield\***

- ▶ Danbury Hospital
- ▶ Lynn Medical Village
- ▶ Sharon Hospital
- ▶ The Charlotte Hungerford Hospital

## **New York\***

- ▶ Gracie Square Hospital
- ▶ Lenox Hill Hospital
- ▶ Memorial Sloan Kettering Cancer Center
- ▶ Mount Sinai Beth Israel
- ▶ Mount Sinai Morningside & West
- ▶ New York Presbyterian Hospital
- ▶ NYC Health + Hospitals/ Bellevue & Gouverneur
- ▶ NYU Hospitals Center - Tish

## **Orange**

- ▶ Garnet Health Medical Center
- ▶ St. Luke's Cornwall Hospital
- ▶ WMC Health Network:
  - » Bon Secours Community Hospital
  - » St. Anthony Community Hospital

## **Putnam**

- ▶ Putnam Hospital

## **Queens\***

- ▶ Long Island Jewish Forest Hills
- ▶ Long Island Jewish Medical Center
- ▶ Long Island Jewish Valley Stream
- ▶ New York Presbyterian/Queens
- ▶ Queens Hospital Center
- ▶ The Mount Sinai Hospital of Queens

## **Richmond\***

- ▶ Richmond University Medical Center

## **Rockland**

- ▶ Helen Hayes Hospital
- ▶ Good Samaritan Hospital

## **Sullivan**

- ▶ Garnet Health Medical Center – Catskills, Callicoon Campus
- ▶ Garnet Health Medical Center – Catskills, Harris Campus

## **Ulster**

- ▶ Ellenville Regional Hospital
- ▶ HealthAlliance Hospital – Mary's Ave. Campus

## **Westchester**

- ▶ Westchester Medical Center
- ▶ Winifred Masterson Burke Rehabilitation Hospital

*\*Part of the national network.  
Not in-network for HMO plans.*



Capital District Physicians' Healthcare Network, Inc.

[www.cdphp.com](http://www.cdphp.com)

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**A plan for life.**