



A plan for life.

# Medicare Advantage **Healthy Extras**



# Wellness for You and Your Wallet

Being healthy is more than just not being sick. The choices you make every day all add up and make a difference in your quality of life.

As a CDPHP® Medicare Advantage member, you get more than great health insurance. You have access to programs, resources, and tools to help you get and stay healthy.

No matter your health status or health goals, CDPHP gives you what you need to live life to its fullest.

Visit [cdphp.com/medicare/healthy-extras](https://cdphp.com/medicare/healthy-extras) to view this brochure and more online.



# One Card, Lots of Benefits

Every plan comes with one convenient prepaid Benefits Mastercard to use for dental and vision benefits. No need to worry about paying up front and filling out reimbursement forms! Most plans also give you money to spend on over-the-counter (OTC) supplies - on the same easy-to-use card!

## Dental

- ▶ Get a prepaid Benefits Mastercard® loaded with up to \$1,850 to pay for eligible products and services.
- ▶ Use your card for dental services such as cleanings, crowns, fillings, and dentures at any dentist in the U.S.



## Vision

- ▶ Every plan includes an annual eye exam
- ▶ Get up to \$300 on your card to use for lenses, frames, and contacts.



## Over-the-Counter (OTC) Supplies

Use your prepaid Benefits Mastercard to get up to \$100 per quarter\* for OTC supplies online, over the phone, or at thousands of retail locations like Walgreens, Rite-Aid, Walmart, and more.

Purchase items like ibuprofen, cough, cold, and allergy medications, antacids and digestive care, first aid and medical supplies, and eye, ear, and dental care.



## How does it work?

As a CDPHP Medicare Advantage member, you would:

- ▶ Get access to a convenient online portal to activate your card, manage your balance, and more
- ▶ Use your prepaid Benefits Mastercard to pay in stores, online, or over the phone

Want to learn more? Visit [cdphp.com/medicare/healthy-extras/otc](https://cdphp.com/medicare/healthy-extras/otc).

\* Check your plan documents for more information about OTC eligibility.

# Resources for Wherever You Are

Whether you're at home or in the hospital, CDPHP is here for you.

## Help at Home and Companionship

Enjoy up to 60 hours of support services from a trained Papa Pal. These compassionate and enthusiastic Pals can provide:

- ▶ Companionship – chat, play board games, watch a movie, take a walk
- ▶ Transportation – appointments, grocery store, errands
- ▶ Help around the house – light cleaning, meal prep, organizing
- ▶ Technology assistance – computers, smartphones, tablets



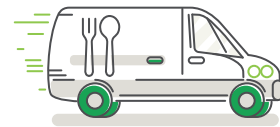
## CDPHP Hospital to Home

Receive concierge-level service from the moment you're admitted to the hospital.\* The CDPHP Patient Care Team, made up of doctors, nurses, social workers, and benefit specialists, work around-the-clock on your behalf to keep you and your loved ones supported and well-informed.



## At-home Meal Delivery

After an inpatient stay at a hospital, skilled nursing, or rehab facility, get 14 nutritious meals (two meals a day for seven days) delivered to your door so you can take the worry out of meal prep and focus on continuing to heal.



# Pharmacy Benefits

Skip the trip to the pharmacy with mail order options, save on prescriptions at preferred retail locations, and learn about additional savings you may be eligible for.

## Mail Order Prescriptions

Pay nothing for many generic drugs through our convenient mail order home delivery service.

Most maintenance drugs are available for delivery right to your door, including those taken regularly for chronic conditions such as heart disease, high blood pressure, asthma, or diabetes.

Learn more at [cdphp.com/members/rx-corner/prescription-mail-order](https://cdphp.com/members/rx-corner/prescription-mail-order)

## Save on Prescriptions at Preferred Retail Locations

If you have prescription drug coverage, you can fill prescriptions at any in-network pharmacy you choose. But you may see significant savings by using a preferred retail location.

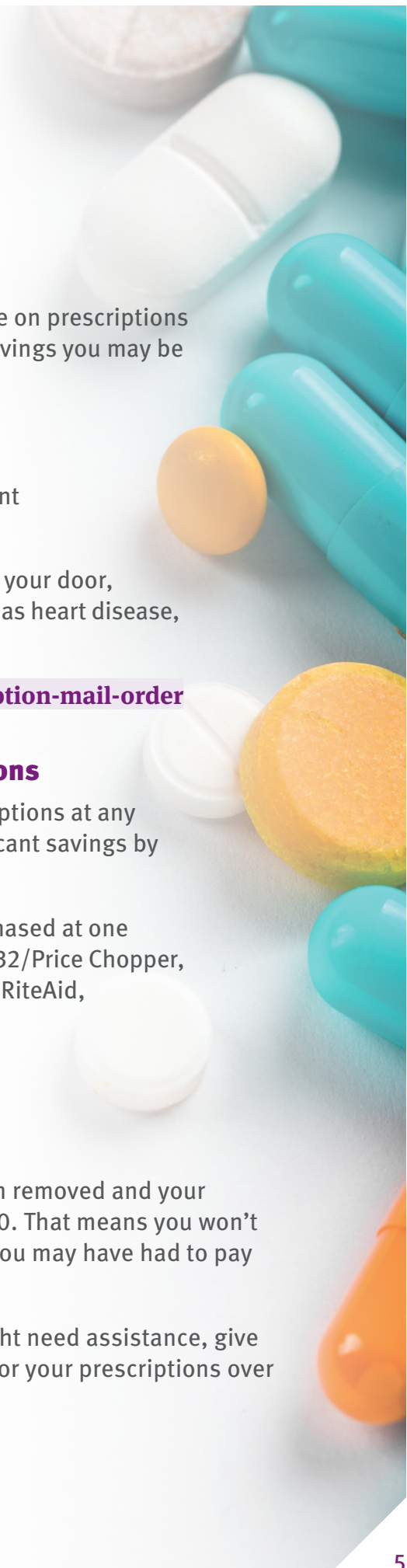
Enjoy deep discounts on certain generic drugs when purchased at one of these participating retail locations\*: ConnectRx, Market 32/Price Chopper, Walmart, Hannaford, ShopRite, Walgreens, Kinney Drugs, RiteAid, Stop & Shop, Giant Foods, and Food Lion.

*\*List of retail locations subject to change.*

## More Savings on Medications

**GREAT NEWS!** The the prescription coverage gap has been removed and your maximum out-of-pocket spend has been lowered to \$2000. That means you won't have to worry about the "donut hole" time period where you may have had to pay more for prescriptions in the past.

If you are taking high-cost medications and think you might need assistance, give us a call to learn about a program that may help you pay for your prescriptions over time instead of all at once.



\* Available at select facilities within the CDPHP coverage area.

# A Hub for Better Health

Get easy access to personalized programs designed to help you achieve your unique health and wellness goals with the **CDPHP Health Hub**.

## Personalize the experience

Engage with resources that best fit your interests. Get customized tips to help you eat healthy, stay active, reduce stress, and more!

- ▶ **Healthy Habits:** Select your goals and track progress every day.
- ▶ **Journeys®:** Trying to exercise more? Need to improve your sleep habits? Use this digital coaching tool to make simple changes to your routines, one small step at a time.

Visit [cdphp.com/health-hub](https://www.cdphp.com/health-hub) to learn more.

## Earn rewards

- ▶ Explore customized wellness resources and earn points for healthy choices you make every day.
- ▶ Earn up to **\$175 in CDPHP Life Points® Rewards** redeemable for gift cards in the Health Hub.

Check your plan documents for more information about Life Points Rewards eligibility.



## Eat healthy

- ▶ Use the Nutrition Guide to choose your eating profile and find personalized recipes.
- ▶ Consult with a registered dietitian† to help you make a plan to eat well.

## Get reimbursed for weight management

- ▶ Get healthy, lose weight, and **get reimbursed up to \$100** for participating in a qualified weight loss program like WW or Noom.
- ▶ Members can easily submit for reimbursement at [www.cdphp.com](https://www.cdphp.com).

†Cost share may apply.

# Even More to Keep You Healthy

## CDPHP Senior Fit®

- ▶ Enjoy no-cost access to SilverSneakers locations in your neighborhood and across the country. SilverSneakers also offers online, at-home workout options so you can stay fit even when the gyms are closed.
- ▶ Get unlimited access to the fitness center, 25-yard lap pool, and more at CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center.



## Vaccines at no cost

Get the vaccines you need, with many available for \$0. Including, but not limited to:

- ▶ \$0 for Shingrix, the shingles vaccine
- ▶ \$0 vaccines for diphtheria, tetanus, and whooping cough

Talk to your doctor about what vaccines are right for you.



## Living Well with Diabetes

Pay no more than \$35 for a 30-day supply of insulin. Receive a blood glucose monitor (limited to one per year) and blood glucose test strips (limited to a 90-day supply) at no cost from a CDPHP preferred vendor. Take advantage of low copays for other diabetic supplies. Gain access to the CDPHP Care Team at 800-365-4180 to help you get started.



## Hearing

All CDPHP Medicare Advantage members are eligible for our hearing health program through Hearing Care Solutions. With this program, you:

- ▶ Get a comprehensive hearing exam, evaluation, and hearing aid fitting
- ▶ Choose two hearing aids and pay as little as \$199 for each
- ▶ Receive a three-year supply of batteries (up to 192 cells per ear)
- ▶ Enjoy a three-year warranty, including loss, damage, and repair (a deductible applies to all warranties)
- ▶ Get one year of follow-up care at no charge\*, including routine visits and in-office repairs



\* Routine services for the first year are with original provider. Any services during the first year not administered by the original provider are subject to charges at the provider's discretion.

Hearing coverage is a Value Added Benefit (VAB), not a covered Medicare Part A or Medicare Part B benefit. Member is responsible for copay even if the Maximum Out-of-Pocket for In-Network Medicare covered benefits has been met.

## Connect with us!

Tell us what you think at  
[insights.cdphp.com/join](https://insights.cdphp.com/join) 

Get fitness tips, wellness ideas,  
and more! Follow us on social  
and visit [blog.cdphp.com](https://blog.cdphp.com).



### Discrimination is Against the Law:

Capital District Physicians' Health Plan, Inc., CDPHP Universal Benefits,<sup>®</sup> Inc., and Capital District Physicians' Healthcare Network, Inc. (collectively referred to as CDPHP<sup>®</sup>) comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, or sex.

### Multi-language Interpreter Services:

**ATTENTION:** If you speak a non-English language, language assistance services, free of charge, are available to you. Call 1-888-248-6522 (TTY: 711).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-888-248-6522 (TTY: 711)

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-888-248-6522 (TTY : 711)

Our hours are 8 a.m. - 8 p.m. seven days a week from October 1 - March 31.  
From April 1 - September 30, Monday – Friday, our hours are 8 a.m. - 8 p.m.  
A voice messaging service is used weekends, after-hours, and federal holidays.  
Calls will be returned within one business day.

CDPHP is an HMO and PPO with a Medicare contract.  
Enrollment in CDPHP Medicare Advantage depends on contract renewal.

Visit us at [www.cdphp.com/medicare](https://www.cdphp.com/medicare) for more information.

Capital District Physicians' Health Plan, Inc.  
CDPHP Universal Benefits,<sup>®</sup> Inc.

Current Members: (518) 641-3950 or 1-888-248-6522; TTY/TDD: 711  
Prospective Members: (518) 641-3400 or 1-888-519-4455

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

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