



# No-Cost Fitness and Wellness Options

Through CDPHP Senior Fit, Medicare Advantage members have no-cost access to numerous programs, gyms, and wellness centers.

## SilverSneakers®

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. Just present the SilverSneakers card you received in the mail or show your CDPHP Medicare Advantage ID card.

For more information, call 1-866-584-7389 or visit [www.silversneakers.com](http://www.silversneakers.com).

## CDPHP® Fitness Connect<sup>SM</sup> at the Ciccotti Center

Members have access to a fitness center with cardio and resistance equipment, a 25-yard lap pool, massage therapy, and more. The state-of-the-art Ciccotti Center also offers:

- » **Group Exercise Classes**—From yoga to Zumba, group exercise classes at the Ciccotti Center are taught by certified instructors who want to motivate you toward achieving your fitness goals.
- » **MyFitRx<sup>TM</sup>**—This eight-week individualized medical fitness program gives you an exercise plan, two 60-minute group workout sessions a week, health assessments at the start and end of the program, unlimited access to the Ciccotti Center, and a program summary report for you and your doctor.
- » **CDPHP Customer Connect<sup>SM</sup>**—Stop by to speak with a CDPHP member relations specialist to get answers to your questions, enroll in a plan, request a new ID card, and more. *Please note that premium payments cannot be accepted at this location.*

Call (518) 867-8920 or visit [www.ciccotticenter.org](http://www.ciccotticenter.org) for more information.

over ►►

**Check with your doctor**  
before beginning any  
exercise regimen.





## Other No-Cost Senior Fit Wellness Options

Looking for even more? Medicare Advantage members have access to additional no-cost programs through CDPHP Senior Fit including:

- » **Wellness and fitness classes**—CDPHP offers classes year-round throughout our service area and online. Try tai chi, yoga, body sculpting, healthy cooking, and more. Visit [cdphp.com/classes](https://cdphp.com/classes) to view the latest offerings.
  
- » **The CDPHP® Health Hub** gives you easy access to programs designed to help you achieve your unique health and wellness goals.
  - Learn how to eat well, move more, sleep better, manage stress, and more.
  - Personalize your experience and build points for healthy choices you make every day.
  - Earn up to **\$175 in CDPHP Life Points Rewards** redeemable for gift cards.
  
- » **Personalized health support programs**—A team of registered nurses, educators, and pharmacists can find answers and help you manage and monitor your health. Call 1-888-94-CDPHP (942-3747) to get started.



**A plan for life.**

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

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)