

# The CDPHP<sup>®</sup> Care Team

## Here for you in sickness and in health.

Do you have questions or concerns about your health?  
The CDPHP Care Team has answers.

Our team of nurses, dietitians, and care coordinators can provide information and one-on-one support to help you live your healthiest life.

Call the CDPHP Care Team to discuss:

- ✓ Medications
- ✓ Exercise
- ✓ Health information
- ✓ Nutrition
- ✓ CDPHP benefits
- ✓ Medical visits
- ✓ Medical tests
- ✓ Managing chronic conditions
- ✓ Mental health
- ✓ And more!

Reach the CDPHP Care Team by calling **1-888-94-CDPHP (23747)**.



## My Healthy Life

### Discrimination is Against the Law

Capital District Physicians' Health Plan, Inc. (CDPHP<sup>®</sup>) 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）。