

Duanesburg CSD Employees and Retirees

Learn More About the Wellness Programs Available thru your Health Insurance Plan

CDPHP – www.cdphp.com

Wellness Resources - A Plan for Life

CDPHP has a wide range of programs to help and encourage you, for all status or stage of life: Striving and Arriving for Young Adults, Planning and Expanding for Growing Families, Balanced and Busy for Life and Work Balance, Reflecting and Relaxing for Wise and Mature, Caring and Sharing for Caregivers

Wellness Programs and Topics include:

- Symptom Checker
- Single-Source Referral Line
- Life Points®
- Health Topics A-Z
- CDPHP Newsletters
- Interactive Tools
- Rx Corner
- Behavioral Health
- Health Support
- Preventive Guidelines

Wellness Workshops - Classes & Programs

Explore a wide range of free wellness classes and programs available to CDPHP members. Classes include: Asthma and COPD, Fitness, Health Education, Healthy Families, Nutrition, Senior Health, Wellness

Special Savings - Keep Your Financial Health in Shape

Here are some simple steps you can take to save money with CDPHP.

- Swipe your special CDPHP CVS ExtraCare® Health Card. Save 20% on CVS-brand, health-related items when you present your card at any of the 6,200 CVS stores nationwide.
- Life Points rewards you for your healthy activities, such as joining a gym, attending an annual physical exam, or playing in a sports league. Members can earn points worth up to \$365 per year.
- Use Your FSA, HRA, or HSA
- Use the mail-order prescription service.
- Use generic drugs. Generic drugs cost less and are just as effective as brand-name drugs.
- Quit smoking now. CDPHP also offers a variety of smoking cessation programs to help you quit.
- Participate in Free Wellness Classes Try yoga, rock climbing, dance classes, and healthy cooking—all for free. As a CDPHP member, you can choose from a variety of classes to help you lose weight, manage stress, get fit, and just have fun!
- Use your CAM discounts. The CDPHP Complementary and Alternative Medicine (CAM) programs offer discounts on a variety of services, including massage, chiropractic, personal training, nutrition counseling, fitness center memberships, and more.