

# The CDPHP® Care Team says “Please take our call”.

If you receive a call from CDPHP, it's probably from a member of your Care Team. We're a team of nurses, pharmacists, social workers, and health educators here to help you and your family live your healthiest life.

This no-cost benefit is confidential. Unless we have your permission, we don't share the content of our conversations with anyone, including your employer.

A conversation with us can be as long or short as you want.

We can tell you about CDPHP benefits available to you that you may not even realize exist.

We can also help you with:

- ✓ Questions about a new diagnosis or medication
- ✓ Understanding and managing a chronic health condition
- ✓ Medication organization
- ✓ Finding a new doctor or specialist

So, if you receive a call from the CDPHP Care Team, please talk to us. You can also call us at **1-800-365-4180** and we'll connect you with a Care Team member who can help.



## My Healthy Life

### **Discrimination is Against the Law**

Capital District Physicians' Health Plan, Inc. (CDPHP®) 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）。