



# Employee favorites



**FITNESS AND WEIGHT MANAGEMENT REIMBURSEMENTS**  
Earn up to \$600 per year for going to the gym, youth sports fees, or online classes, and \$100 for completing a weight loss program.



**DOCTOR ON DEMAND®**  
Live video doctor visits 24/7 from your smartphone, tablet, or computer for physical and mental health.

**FOODSMART™**  
Healthy recipes, telenutrition, meal planners, grocery deals, and more through our nutrition app.

**LIFE POINTS®**  
Earn points that can be redeemed for gift cards by completing healthy activities through CaféWell®.



**CDPHP HOSPITAL TO HOME**  
Supporting you and your loved ones during and after a hospital stay.

## Changes You Should Know

CDPHP takes its role in providing health care coverage for your employees and clients seriously. These changes take effect at the time of benefits renewal in 2022. Refer to plan documents for complete details.

### LARGE GROUPS, SMALL GROUPS, INDIVIDUALS

<b>Doctor On Demand cost share</b>	There will be a \$0 cost-share for live video doctor visits with Doctor On Demand. The deductible will apply for qualified high deductible plans. This benefit does not apply to Standard plans. The large group telemedicine rider is being retired and will not be available in 2022.
<b>Virtual mental health with aptihealth</b>	Members age 18 and older can receive virtual mental health and substance use support from the comfort of home with aptihealth. The program includes expert care from a therapist, a personalized care plan, weekly video sessions, in-app messaging, and more.
<b>Virtual cardiac rehabilitation</b>	The Movn virtual cardiac rehabilitation program uses an app, remote monitoring tools, a dedicated coach, and a personalized treatment plan to help members improve their cardiac health from the comfort of home.
<b>Primary care visits for members under 19</b>	There will be a \$0 cost-share for primary care physician visits for children to age 19. The deductible will apply to qualified high deductible plans for non-well preventive visits. The benefit does not apply to Standard plans.
<b>Family health</b>	Ovia Health provides digital support and personalized guidance for members on their parenthood journey. The program includes unlimited one-on-one support from an Ovia Health coach, access to daily health and wellness programs, symptom tracking, and more.
<b>Weight management reimbursement</b>	The weight management reimbursement is increasing to \$100.
<b>Funding accounts</b>	CDPHP is expanding its relationship with HealthEquity – our preferred Health Savings Account (HSA) partner – to include administration of Health Reimbursement Arrangements (HRAs) and Flexible Spending Accounts (FSAs) for new and renewing plans. HealthEquity delivers integrated solutions that combine intuitive technology with remarkable service for all funding account types, streamlining the administrator and employee experience.
<b>Diabetic drugs</b>	The member cost-share for diabetic drugs will be the lesser of their diabetic cost-share or their prescription cost-share if the member has prescription benefits with CDPHP. The benefit does not apply to Standard plans.
<b>Out-of-pocket maximum</b>	The maximum allowable out-of-pocket maximum for HSA-qualified high deductible plans will be \$7,050 (individual) and \$14,100 (family). The maximum allowable out-of-pocket maximum for non-high deductible plans will be \$8,700 (individual) and \$17,400 (family).
<b>Prior authorization reminder</b>	All genetic testing requires prior authorization.
<b>INDIVIDUAL PLANS</b>	
<b>Individual Standard Bronze Plans</b>	Plan design changes have been made pursuant to state and federal requirements so the product fits into a compliant actuarial value.

WANT TO KNOW MORE?

Check out [www.cdphp.com/need](http://www.cdphp.com/need)