



Start Earning CDPHP® Life Points®!

The CDPHP Life Points program is part of CaféWell®, an interactive health and wellness website. Life Points encourages you to take steps to maintain or improve your health in a number of ways, including:

▶ **Taking the *Getting to Know You* survey**

Based on your answers, a list of personalized activities will be generated for you to complete.

▶ **Completing the Personal Health Assessment (PHA)**

Earn up to \$60 in Life Points for completing this brief online survey.

▶ **Taking a CDPHP community wellness class**

Explore the wide range of free wellness classes and programs available to CDPHP members by visiting www.cdphp.com/classes.

▶ **Accessing CaféWell Healthy Living Programs**

Improve your eating habits, sleep schedule, manage your money, and more with recommended programs.

Automatically Earn Even More Life Points

- ▶ Get a vaccination or cancer screening
- ▶ Complete your annual physical exam
- ▶ Get nutritional guidance from a registered dietitian

All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.



A plan for life.

Redeeming Life Points

- ▶ Life Points can be redeemed for valuable gift cards from a variety of retailers. CDPHP encourages you to use gift cards for health and wellness-related items.

How to Register

- ▶ Go to www.cdphp.com/register and enter your user ID from your CDPHP member ID and choose a password.
- ▶ Look for the Life Points logo to navigate to or register with CaféWell. You'll only need to complete the registration process once.
- ▶ Learn how to navigate the CaféWell website, add programs, view your active itinerary, and more, by selecting **Menu** → **Resources** → **Welcome to CaféWell**.

For questions, please contact CaféWell at 1-877-868-2003 or cdphp@cafewell.com.



Get rewarded for healthy behaviors. Log in today at www.cdphp.com.



A plan for 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）。