

Earning 365 Points is Easy!*

Here are just some of the ways you can earn Life Points®. For a full list, go to www.cdphp.com and sign into the secure member website. Select the Life Points Member Rewards Site.

Take the Personal Health Assessment | **50 points** per eligible family member
Once you log in, the first step is to take your web-based Personal Health Assessment (PHA). To get started, click on the PHA Online Health Program and Tools link. Then, select Take Your Personal Health Assessment Now. Points for taking this survey will automatically accumulate.

Automatically Earn Points | **5-20 points** per activity
Some activities are automatically reported to your secure account within a few weeks of completion.

- ▶ Getting your diagnostic tests
- ▶ Completing an annual physical exam

Quickly Report Other Healthy Activities | **1-20 points** per activity
Submit the online form and your points will accumulate in the next 48 hours.

- ▶ Eat a healthy lunch at Ozone Café
- ▶ Participate in a Union College wellness program
- ▶ Use the fitness center at Alumni Gym
- ▶ Get a dental exam
- ▶ Get your flu shot



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A plan for life.

** All adults age 18 and older in select plans are eligible. Points worth up to \$365 are allowed per calendar year, per contract. Points must be redeemed by December 31 each year. One point equals \$1.*