



Welcome to Your New Life Points® Experience!

Life Points® is now part of CaféWell®, an interactive health and wellness website. With CaféWell, you'll get a unique experience while still earning Life Points that can be redeemed for gift cards at a variety of retailers.

Here's what you need to know:

- If you need 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**.

Questions? Contact CaféWell 1-877-868-2003 or cdphp@cafewell.com.

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.



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.

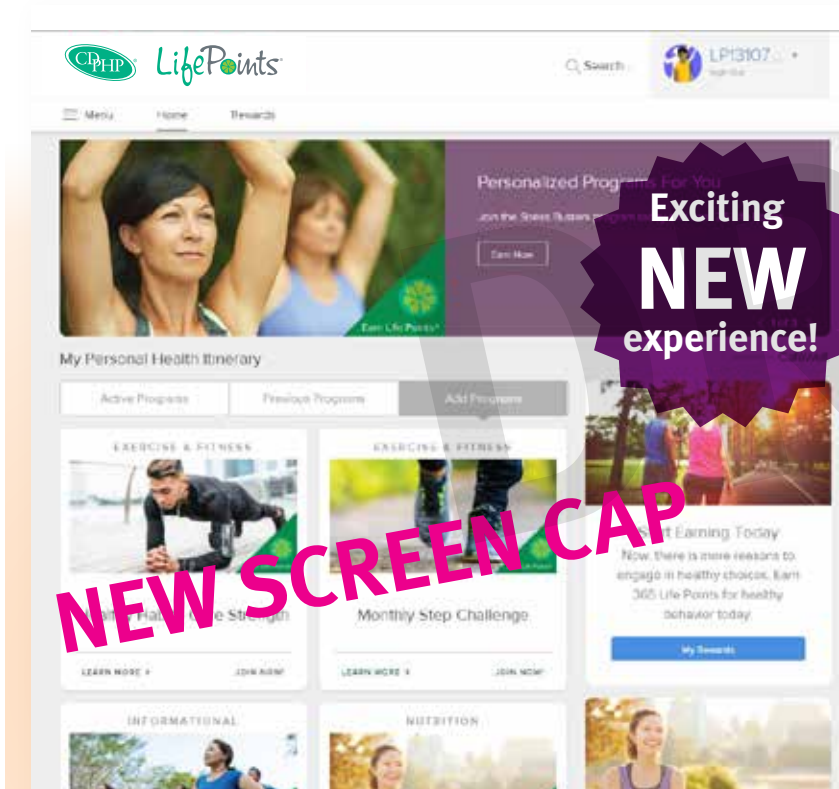
Multi-language Interpreter Services

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）。



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