

# \$365 in Rewards Is at Your Fingertips\*

Life Points® rewards you for the everyday steps you take to stay healthy. Earn up to \$365 worth of points per year for completing a variety of healthy activities, like joining a gym, logging your steps, attending your annual physical, and more. Track your activities in your personal Life Points site, and redeem points for gift cards or merchandise from hundreds of your favorite retailers!

## YOUR FIRST 50 POINTS: THE PERSONAL HEALTH ASSESSMENT

The first step is completing your Personal Health Assessment (PHA). This brief online survey asks you questions about your health and tailors a plan to help you make healthier lifestyle choices. You'll earn \$50 worth of Life Points just for completing this important first step.

## HOW TO SIGN IN

What you need:

- Member ID card
- Password created when you registered for the secure member website
- 15-20 minutes of time

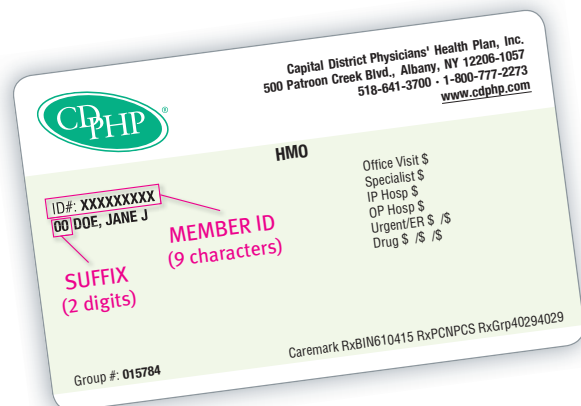
1. Go to [www.cdphp.com](http://www.cdphp.com) and sign in to the secure member website. If you have not registered yet, click on the “register now” link.
2. Enter your user ID (your nine-character CDPHP member ID plus the two-digit suffix next to your name) and your password.
3. Once you are signed in, select the [PHA and Online Health Programs and Tools](#) link.
4. This brings you to the Dialog Center. From there, click the [Take Your Personal Health Assessment Now](#) link and begin. **Note:** Please use the navigation buttons within the tool. Using your browser’s “back” button may cause you to lose information.

Once your PHA is complete, please allow one to two weeks for your points to accumulate in your Life Points account. In the meantime, you may participate in other programs by selecting the [Life Points Member Rewards site](#) link when you are signed into the secure member website.

## PROTECTING YOUR PRIVACY

Your privacy is important to us, and any information collected will be held in strict confidence. When using the PHA tool for the first time, you will be asked to read and accept the terms of our privacy and medical policies before proceeding.

If you have trouble signing in, or have any questions, call the CDPHP Member Services Department at the phone number on your ID Card.



**A plan for life.**

\* All adults age 19 and older in select plans are eligible. Points worth up to \$365 in merchandise are allowed per calendar year, per contract. Points must be redeemed by December 31 each year.