Earning 365 Points is Easy!*  

Here are just some of the ways you can earn Life Points®. For a full list, log in to www.cdphp.com/lifepoints.

**TAKE THE PERSONAL HEALTH ASSESSMENT**  
**50 POINTS PER FAMILY MEMBER**  
Once you log in, the first step is to take your web-based Personal Health Assessment (PHA). 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.
- 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
- Watch your blood pressure
- Become first-aid certified

Go to www.cdphp.com/lifepoints to learn more and register today!

*All adults age 19 and older 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.*