

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!



A plan for life.

**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.*