

Wellness

CDPHP offers a variety of online and wellness services to help members manage their benefits and stay healthy.

[COMPLEMENTARY AND ALTERNATIVE MEDICINE \(CAM\) PROGRAM](#)

Receive discounts on yoga, massage, acupuncture, exercise programs

Members can access a searchable database of thousands of specialists in acupuncture, massage therapy, chiropractic, yoga, personal training, and more, then receive discounts of up to 30 percent on these services.

[HEALTH COACH CONNECTIONSM](#)

Knowledgeable support, 24/7

Health Coach Connection enables our members to contact a knowledgeable medical professional at any hour of the day or night for caring support and advice. The Health Coach can answer questions about diabetes, heart health, breathing issues, back or joint pain, cancer, or surgical decisions.

[WEIGH 2 BESM AND KIDPOWERSM](#)

Weight loss support

Members are invited to join one of our free weight management support groups. Weigh 2 BeSM is for adults and KidPowerSM is aimed at our younger members. Both offer helpful tools for being more active and making wiser food choices.

[MY ONLINE WELLNESSSM](#)

Health news and e-newsletters

My Online Wellness is an interactive, user-friendly Web site that brings together fitness tips, health updates, medical databases, and more. It includes quizzes and other interactive tools.

[CDPHP WELLNESS WORKSHOPS](#)

Free learning opportunities

Every quarter CDPHP announces a new schedule of wellness classes. They are absolutely free and open to members only. Choices include cooking seminars, outdoor activities, dance lessons, yoga, Tai Chi, and many more.

[WORKSITE WELLNESS PROGRAMS](#)

Healthy employees net a healthy bottom line

CDPHP offers a wide variety of health screenings, classes, and workshops for company's to host at the workplace, many at low or even no cost! These worksite wellness solutions help keep employees happy, healthy, and productive.