



A healthy business starts with healthy employees

A healthy and productive workforce can set your organization apart from the competition. By partnering with CDPHP® on your workplace health program, you'll save on costs while your employees will feel better, live better, and work better.

The new CDPHP workplace health model for small businesses provides your employees with educational resources, healthy tips, and value-added benefits to help them live their healthiest lives.

WORKING WELL HEALTHY EMAIL SERIES



HEALTH AND WELLNESS VIRTUAL PROGRAMMING



STEP, NUTRITION, AND FITNESS CHALLENGES



Contact your broker or CDPHP representative to opt in!

PLUS! CDPHP members have access to numerous health and wellness benefits.

GYM & WEIGHT MANAGEMENT REIMBURSEMENTS



EAT HEALTHY WITH FOODSMART™



BIKE SHARE DISCOUNTS



FREE COMMUNITY GYMS *(open to non-members, too)*



PERSONALIZED HEALTHY ACTIVITIES



EARN INCENTIVES FOR GETTING HEALTHY



Turn over for a list of all health and fitness benefits



CDPHP members and their dependents will receive targeted communications based on their individual needs.

By connecting members to the appropriate program, we can help put them on a path toward better health and lower your health care costs.

Lifestyle Improvement Programs

- ▶ Preventive care reminders
- ▶ CDPHP Smoke-FreeSM program
- ▶ Diabetes Prevention Program
- ▶ Asthma and COPD health management program
- ▶ Weight management and gym reimbursement
- ▶ Nutrition and weight counseling benefits
- ▶ Pregnancy education program

Interactive Member Tools and Incentives

- ▶ Earn Life Points[®] for completing healthy activities
- ▶ Personal Health Assessment
- ▶ Discounts on generic medications with Rx for Less
- ▶ Discounts on CVS-branded health products
- ▶ Custom online health activities and programs through CaféWell[®]
- ▶ Online health workshops

Personal Coaching and Support

- ▶ Health coaching
- ▶ Care management
- ▶ Behavioral health support
- ▶ Medication review with a pharmacist

Community Support

- ▶ Free community wellness classes
- ▶ Convenient and free CDPHP Fitness ConnectSM and Customer ConnectSM locations throughout the Capital Region
- ▶ CDPHP Cycle!SM bike-share program

