



CDPHP[®] Embrace Health

A Medical Plan with Healthy Paths

Give your employees a health plan that includes money to use on fitness, medical, or nutrition-related expenses – they choose!

Embrace Value

CDPHP Embrace Health is an affordable way to increase the value of your health benefit package and foster loyalty within the workplace at no additional cost to you.

Along with a quality medical plan, members have ready access to funds they may spend on fitness, medical, or nutrition-related expenses. CDPHP Embrace Health enables you to select a lower-premium health plan that introduces your employees to a deductible, while offsetting the money it takes to stay healthy with bonus dollars provided by CDPHP.

The Embrace Paths



Medical

Employees can use their Embrace Health bonus account for any IRS-qualified health expense, regardless of whether it is covered under your medical plan.



Nutrition

Members are encouraged to use their bonus dollars on expenses that will get or keep them eating healthy. Examples include Weight Watchers[®] programs, meeting with a registered dietitian, or a physician or hospital-based weight-loss program.



Fitness

The expenses associated with getting or staying fit can add up. We'd like to make it easier for members who choose this path to pay for new sneakers, athletic equipment, fitness-related programs or equipment, greens or court fees, and more.

Members will be able to track their claims, deductibles, and account balances at www.cdphp.com.





With all paths, we recommend your employees keep receipts. **Plus, any unused bonus dollars can be rolled over to the next benefit year, accumulating up to twice the amount of the original!**

Embrace Health Extras

In addition to the aforementioned perks, all Embrace Health options come with some exciting features. The following health tools will help support your employees in achieving a healthier lifestyle:

No-Cost Preventive Care — Preventive services are covered under the base medical plan, and carved out of the deductible with no member cost-share.

CDPHP Life Points® — An online rewards program that offers points redeemable for gift cards for undertaking certain healthy activities, such as getting an annual physical or a flu shot. CDPHP encourages members to use gift cards for health or wellness-related items.

Free wellness classes — A range of no-cost classes are available year-round, including Zumba, healthy cooking, and more!

CVS Discounts — A CVS ExtraCare® Card provides a 20 percent discount on CVS brand health-related products, like ibuprofen, decongestants, and contact lens supplies.

Rx for Less — A program that offers deep discounts on a specific list of drugs purchased at Price Chopper/Market 32, CVS/pharmacy, Walmart, ShopRite, Target, or Hannaford.

Visit www.cdphp.com to learn more!

Ready to Enroll?

Take the next step and implement a high-quality, added-value health plan for your company. Speak with your broker today or contact CDPHP at (518) 641-5000 or 1-800-993-7299 to ask about CDPHP Embrace Health.



Embrace Health plans include a complimentary debit card and access to benefits designed to help members achieve their best possible state of health.

