

# Get Moving in a Healthy Direction

Welcome to Healthy Direction, a health and well-being program administered by CDPHP®. Healthy Direction consists of small, simple tasks that [INSERT COMPANY NAME] has elected to have you complete.

Your healthy steps are as follows:

- Visit a primary care physician (PCP)**  
Stopping health problems before they start is key to healthy employees.
- Take a personal health assessment**  
The PHA is a series of questions to help understand how actions can influence health and wellbeing. Answers will be used to help create an action plan for better health.
- Get a biometric screening**  
A biometric screening is a short health exam that provides information about risk for certain diseases and medical conditions. This screening is often part of a physical exam or offered at a health fair.
- Go CDPHP Smoke-Free<sup>SM</sup>**  
For smokers, commit to quit by enrolling in CDPHP Smoke-Free. Employees must participate in a minimum of three sessions with a quit coach. Non-smokers must complete an attestation.
- Take a free CDPHP community wellness class**  
Choose from a variety of free wellness classes in the community and online. Log in at [member.cdphp.com](http://member.cdphp.com) and click “Events” at the bottom of the page to register.
- Get a Flu Shot**  
A flu shot is the best way to protect yourself and others from the flu.
- Participate in a CDPHP Workplace Health wellness program**  
Your employer offers CDPHP Workplace Health wellness programs onsite and/or virtually that can help you improve or maintain your health. Ask about one today!
- Create your own activity**  
Work with your broker and/or CDPHP representative to set up an approved activity to offer to your employees. You track your employee’s completion of this step and send the results to CDPHP. Examples include participating in a charity walk/run or taking a safety class. [REP TO PROVIDE DETAILS, IF APPLICABLE]

Complete your steps and track them by logging into [member.cdphp.com](http://member.cdphp.com) and clicking on **Your Healthy Direction Tracker** under the **Health & Wellness** tab.

**NEED TO REGISTER?** No problem! Simply have your ID card ready and choose a password.

## OPTIONAL TEXT:

Once [XX] you complete you healthy steps, [INSERT COMPANY NAME] will [insert details of incentive here].



*Your health plan is committed to helping you achieve your best health. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact us at (518) 641-3140 or toll free 1-877-269-2134 and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.*

**Discrimination is Against the Law**

Capital District Physicians' Health Plan, Inc. (CDPHP®) complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

**Multi-language Interpreter Services**

ATENCIÓN: Si habla otro idioma que no es el inglés, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que figura en su tarjeta de identificación de miembro (TTY: 711).

注意：如果您使用的語言不是英語，您可以免費獲得語言援助服務。請致電您會員ID卡上的電話（聽力障礙電傳：711）。