

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)**

Annual visits to your primary care physician (PCP) can help prevent disease and reduce risk of major health conditions.

☐ **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.

☐ **Commit to quit tobacco**

If you are a tobacco user, commit to quit by enrolling in one of the following programs:

- **CDPHP Smoke-FreeSM**: Participate in a minimum of three sessions with a quit coach.
- **Pivot**: Earn a minimum of 5,000 points by participating in various quit activities.

Non-tobacco users 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 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!

☐ **Employer choice activity**

Participate in a program designed for you by your employer. Your employer will provide the details of this offering. [REP TO PROVIDE DETAILS, IF APPLICABLE]

To complete and track your steps, log in to member.cdphp.com and click on **See Details** in your **My Healthy Direction Tracker** on the home page.

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）。