

# Welcome to Healthy Direction!



Healthy Direction is a wellness program designed to help you take control of your health and well-being.

Here's how it works:

1. Register for an account at [member.cdphp.com](https://member.cdphp.com). You'll need to have your member ID handy. Already have an account? Great! Simply sign in.
2. Click on **Your Healthy Direction Tracker** under the Health & Wellness tab.
3. Review the healthy steps your employer has chosen for you to complete and the requirements for reporting them on your Healthy Direction Tracker.

Got questions? We have answers!

**Q: Which healthy steps do I need to complete?**

**A:** Log in to [member.cdphp.com](https://member.cdphp.com) and click on **See Details** in your **My Healthy Direction Tracker** on the home page.

**Q: Where do I report the steps I've completed?**

**A:** Reporting steps is simple. Log in to [member.cdphp.com](https://member.cdphp.com) to add completion dates to your Healthy Direction Tracker.

**Q: A step I reported isn't showing up as completed. What should I do?**

**A:** Just call (518) 641-3140 or toll free at 1-877-269-2134 and we'll be happy to assist you.

**Q: How do I reset my password?**

**A:** Use our online password/user ID recovery button. You can also call (518) 641-3140 or toll free at 1-877-269-2134 for customer support.

Get moving in a Healthy Direction. Log in to [member.cdphp.com](https://member.cdphp.com) to begin today!

*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）。

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