

Dear [Name],

Welcome to Healthy Direction!

[INSERT COMPANY NAME] has partnered with CDPHP® to offer Healthy Direction, 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.** You’ll need to have your member ID handy. Already have an account? Great! Simply sign in.
2. Click on **See Details** in your **My Healthy Direction Tracker** on the home page.
3. Review the [X] healthy steps chosen for you to complete and the requirements for reporting them on your Healthy Direction Tracker.

**FAQs:**

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

A: Many steps are automatically reported once you take action. To report steps, log in to www.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: 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: Just 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.

*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.*