

Dear [Name],

We’d like to provide you with a friendly reminder that you still need to complete the following steps in your Healthy Direction program:

*Note to HBA – please customize for each employee.*

* Visit a primary care physician
* Take your Personal Health Assessment (PHA)
* Get a biometric screening
* Commit to Quit Tobacco
* Take a free CDPHP community wellness class
* Get a Flu shot
* Participate in a CDPHP Workplace Health wellness program
* [Insert employer-defined activity]

Once you complete your healthy steps, you’ll earn [insert incentive].

[Log in now](https://member.cdphp.com/login) and make a plan to finish your steps 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 considering your health status.*