

# Start down the path to good health with CaféWell®!

CaféWell is an interactive website that gives you the help you need to take control of your health. Through CaféWell, you tell us about yourself, and we provide personalized activities to help you meet your health goals.

## How Does CaféWell Work?

- ▶ Take a Personal Health Assessment (PHA).
- ▶ Get started with healthy activities personalized to you.
- ▶ Discover tips, tricks, and articles to learn more about health and wellness.
- ▶ Track your health in real-time and get rewarded along the way.
- ▶ Earn Life Points® for completing healthy activities, then redeem your points for gift cards.



## Get Started

STEP **1**

### Create your member account.

Go to [member.cdphp.com](http://member.cdphp.com) and click the **Register** link in the login box to create an account with a user name and password that will be easy to remember. You will need your member ID number from your ID card.

STEP **2**

### Go to the CaféWell page.

When logged into your CDPHP account, get started with CaféWell by clicking **Go to CaféWell**. This will connect you with CaféWell.

STEP **3**

### Register for CaféWell.

On the CaféWell registration page, you'll enter some basic information to set up your account. Once registration is complete, you can also answer a few questions that will help personalize your activities in CaféWell.

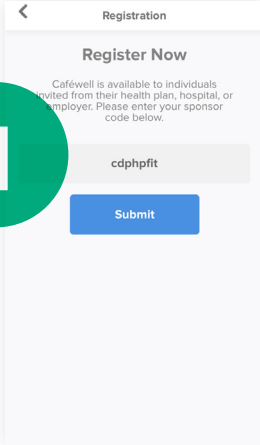
*All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.*



**A plan for life.**

## Mobile Phone Registration

As an additional option, you can also register for CaféWell on your smartphone. Simply download the mobile app from your app store then follow the steps below.



1

Registration

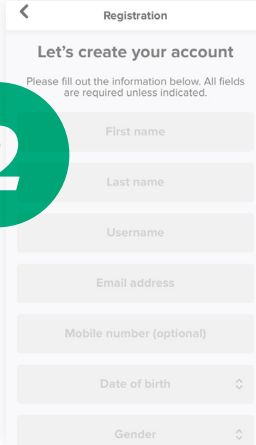
Register Now

CaféWell is available to individuals invited from their health plan, hospital, or employer. Please enter your sponsor code below.

cdphpfit

Submit

Open the CaféWell app and enter sponsor code **CDPHPfit**. Click **Submit**.



2

Registration

Let's create your account

Please fill out the information below. All fields are required unless indicated.

First name

Last name

Username

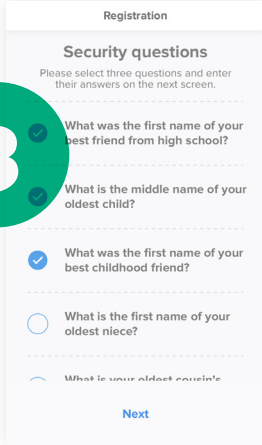
Email address

Mobile number (optional)

Date of birth

Gender

Enter information to create your account.



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Registration

Security questions

Please select three questions and enter their answers on the next screen.

What was the first name of your best friend from high school?

What is the middle name of your oldest child?

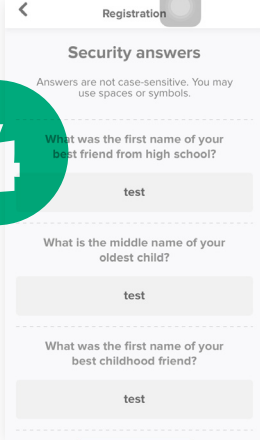
What was the first name of your best childhood friend?

What is the first name of your oldest niece?

What is your oldest cousin's

Next

Select the security questions you wish to answer.



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Registration

Security answers

Answers are not case-sensitive. You may use spaces or symbols.

What was the first name of your best friend from high school?

test

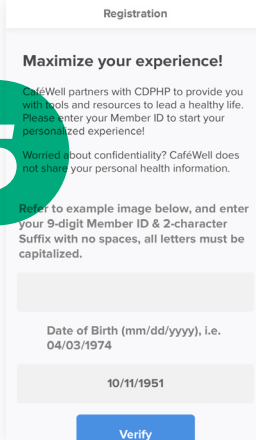
What is the middle name of your oldest child?

test

What was the first name of your best childhood friend?

test

Input the answers to the security questions.



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Registration

Maximize your experience!

CaféWell partners with CDPHP to provide you with tools and resources to lead a healthy life. Please enter your Member ID to start your personalized experience!

Worried about confidentiality? CaféWell does not share your personal health information.

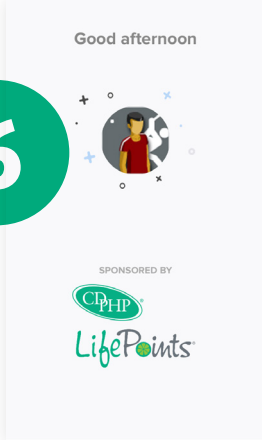
Refer to example image below, and enter your 9-digit Member ID & 2-character Suffix with no spaces, all letters must be capitalized.

Date of Birth (mm/dd/yyyy), i.e. 04/03/1974

10/11/1951

Verify

Enter your CDPHP member ID number from your ID card.



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Good afternoon

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CDPHP

LifePoints

Start using CaféWell!

For questions, please contact CaféWell at 1-877-868-2003 or [cdphp@cafewell.com](mailto:cdphp@cafewell.com).



### 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）。