

# 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.

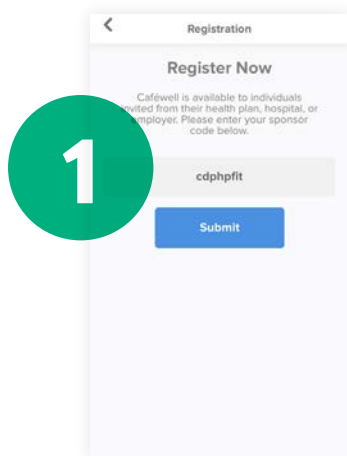
*All adults age 18 and older in select plans are eligible. Points accumulate per calendar year, per contract. Points must be redeemed by December 31 each year or prior to contract termination.*



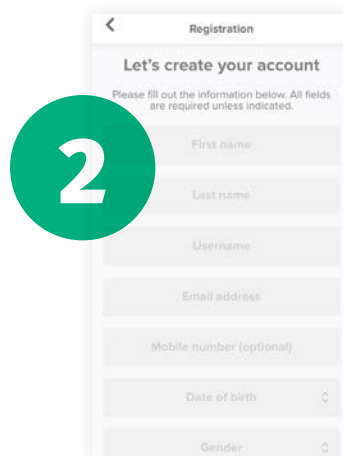
**A plan for life.**

## Mobile Phone Registration

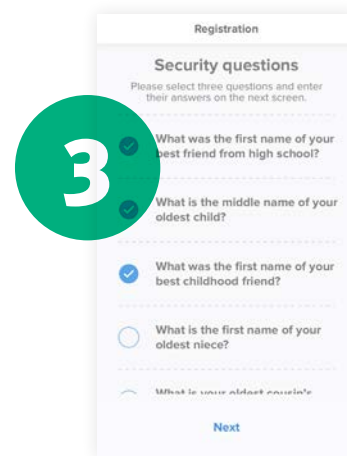
As an additional option, you can also register for CaféWell on your smartphone. Simply download the mobile app from your app store then follow the steps below.



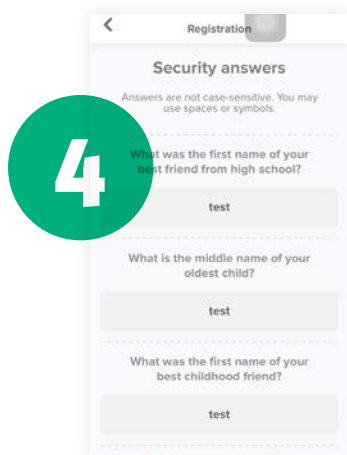
Open the CaféWell app and enter sponsor code **CDPHFit**. Click **Submit**.



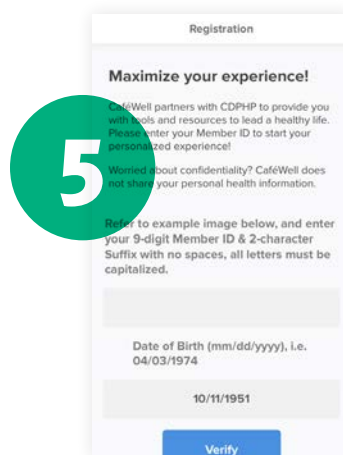
Enter information to create your account.



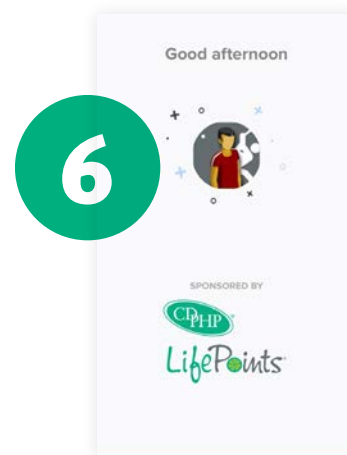
Select the security questions you wish to answer.



Input the answers to the security questions.



Enter your CDPHP member ID number from your ID card.



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）。