

Even small lifestyle changes can have a big impact on your health.

5%

Losing just 5% of your body weight can help lower your risk for developing chronic health conditions like heart disease, diabetes, and certain kinds of cancers.



Just 15 minutes a day of walking can help boost your mood and reduce stress, which can improve your overall health.



Getting seven hours of sleep can help decrease your risk of developing obesity, heart disease, and diabetes.

Complete your Personal Health Assessment (PHA) and discover tools to help you make small, yet impactful changes in your life today! Sign in to member.cdphp.com and click on the GO TO CAFEWELL box to get started.

Source: CDC

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.



CDPHP® members can earn Life Points® for completing the PHA



Have you completed your Personal Health Assessment (PHA) this year?

The PHA is a brief online survey that asks you questions about your health.


By completing your PHA you can:

- ▶ Become more aware of your lifestyle and areas for improvement
- ▶ Discover tools to help you make small, yet impactful changes in your life
- ▶ Earn Life Points[®] that can be redeemed for gift cards!



Sign in to member.cdphp.com and click on the GO TO CAFEWELL box to take your PHA. Your answers are confidential and do not affect your health care coverage.

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.



CDPHP[®] members can earn Life Points[®] for completing the PHA



Key to Prevention: Vaccinations and Cancer Screenings

2-3 MILLION

Deaths are prevented by vaccines every year.



Cancer screenings help prevent cancer or find it at an early stage, when it's easier to treat or cure.

Talk to your doctor about which vaccinations and screenings are right for you. Visit www.cdphp.com/preventive-care for more information.

With CDPHP, many vaccinations and preventive screenings are covered in full when administered by an in-network provider. Check your member benefits materials for detailed information.

Source: World Health Organization

** Life Points are available for breast, cervical, and colon cancer screenings.*

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.



CDPHP® members can earn Life Points® for several vaccinations and cancer screenings*



Dependents can earn CDPHP® Life Points®, too!

- ▶ Adults 18 and older on your plan can create their own account and earn Life Points for their healthy behaviors such as taking the PHA or getting their annual flu shot.
- ▶ You, as the subscriber, can also earn Life Points for your children's (under 18) preventive care.

Dependents 18 and older can begin earning Life Points by signing in to member.cdphp.com and clicking on the **GO TO CAFEWELL** box.

LifePoints®

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.



CDPHP members can earn Life Points for completing their PHA



Regular breast cancer screenings are essential for successful diagnosis and treatment.

99%

Breast cancer found early before it has a chance to spread has a 99% cure rate.

50-74

Women 50 to 74 years of age should have a mammogram every one to two years.



Women outside of this age range or who have certain risk factors for breast cancer should talk with their doctor about what's best for them.

With CDPHP®, mammograms are covered in full when administered by an in-network provider. Check your member benefits materials for detailed information.

Visit www.cdphp.com/preventive-care for more information on preventive care.

Source: National Institutes of Health

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.



CDPHP® members can earn Life Points® for getting a mammogram



Regular colorectal cancer screenings are critical for successful diagnosis and treatment.

- ▶ Men and women are similarly affected by colorectal cancer.
- ▶ The American Cancer Society recommends that you start getting tested for colorectal cancer at age 45.
- ▶ People who are at a higher risk for colorectal cancer—such as those who have colon or rectal cancer in their families—may need to begin testing at a younger age.
- ▶ Talk to your doctor about when you should start getting tested.



With CDPHP®, most colon cancer screenings are covered in full when administered by an in-network provider. Check your member benefits materials for detailed information.

Visit www.cdphp.com/preventive-care for more information on preventive care.

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.

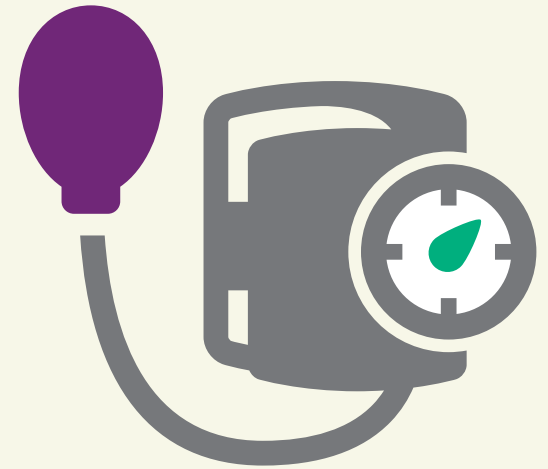


CDPHP® members can earn Life Points® for getting a colon cancer screening



Have you had your annual physical with your primary care physician (PCP)?

- ▶ Regular visits are an important part of living a long, healthy life.
- ▶ Developing a relationship with a PCP gives you someone to turn to should a health issue arise.
- ▶ Checkups can detect problems before they start, or identify problems early when your chances for successful treatment are better.



With CDPHP®, annual physicals are a covered benefit. Check your member benefits materials for detailed information.

Don't have a PCP? Visit findadoc.cdphp.com to search for participating providers in your area.

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.



CDPHP members can earn Life Points® for attending an annual physical

