

Small steps lead to big changes.

Get started on your path to better health by visiting the CDPHP® Health Hub, powered by Virgin Pulse.

We'll help you make small, everyday changes focused on the areas you want to improve the most. With daily engagement, you'll build healthy habits and experience the lifelong rewards of better health.

The CDPHP Health Hub can be accessed from your smartphone or computer, giving you 24/7 access to powerful wellness resources right at your fingertips.

The CDPHP Health Hub can help you:

- ▶ Learn how to eat for energy, move more, sleep better, manage stress, and more
- ▶ Motivate others and be motivated to build new healthy habits
- ▶ Reach your health goals



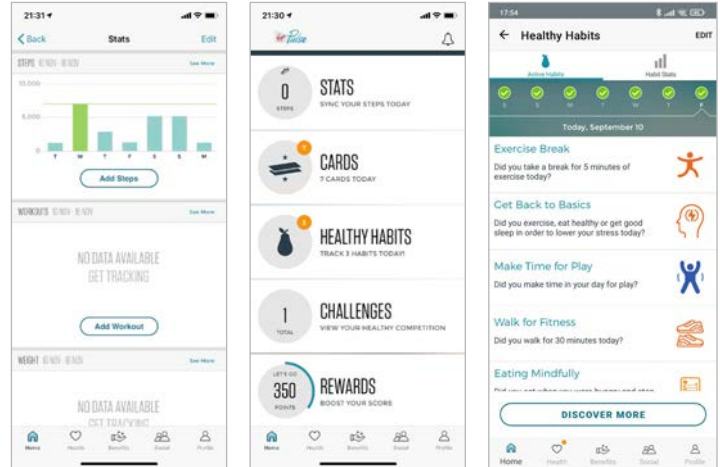
Health Hub
powered by Virgin Pulse



Get started

Follow these easy steps for mobile:

- STEP 1** Search for the **Virgin Pulse** app in either the App Store or Google Play and add it to your device.
- STEP 2** Enter CDPHP as your health plan then create your username and password.
- STEP 3** Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more! Go to **Profile > More > Topics of Interest** on the mobile app.



Follow these easy steps for desktop:

- STEP 1** Visit join.virginpulse.com.
- STEP 2** Enter CDPHP as your health plan then create your username and password.
- STEP 3** You can then select **Topics of Interest** in the profile drop-down menu to set your interests.

TIP!

Turn on your mobile alerts so you don't miss out on fun opportunities. Go to your phone's Settings and find Virgin Pulse in your installed apps. Go to Notifications > Allow/Show Notifications.



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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）。