

\$365 in Rewards Is at Your Fingertips

Life PointsSM rewards you for the everyday steps you take to stay healthy. Earn up to \$365 worth of points per year for completing a variety of healthy activities, like joining a gym, logging your steps, attending your annual physical, and more.

Track your activities in your personal secure Life Points site, and redeem points for gift cards or merchandise from hundreds of your favorite retailers. Get started today!

HOW TO REGISTER

What you need:

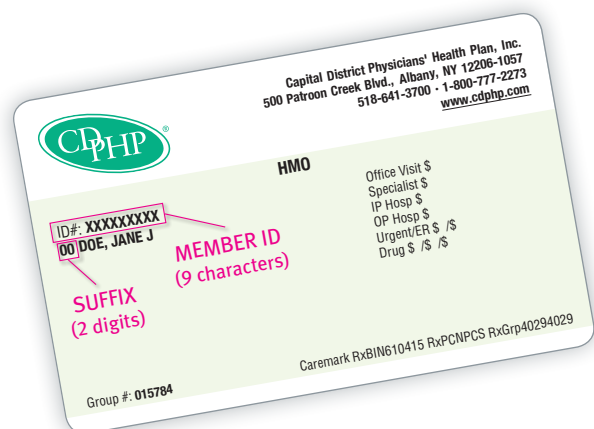
- Member ID card.
- Temporary registration password sent to you on a postcard.

1. Go to www.cdphp.com/lifepoints and click on “log in to the Life Points Web site.”
2. Enter your user ID, which is your CDPHP member ID (nine characters plus the two-digit suffix next to your name), and the temporary password from the scratch-off postcard sent to you in the mail.
3. Read and accept the Terms & Conditions.
4. Enter your contact information.
5. Enter a new password as well as a security question and answer. Remember to store your password in a safe place.
6. Select the activities and health topics that interest you to help personalize your reward choices and health information.
7. Set your e-mail preferences.

START EARNING!

Your First 50 Points: The Personal Health Assessment

Once logged in, the first step is completing your Personal Health Assessment (PHA). This brief online survey asks you questions about your health and tailors a plan to help you make healthier lifestyle choices. You'll earn \$50 worth of Life Points just for completing this important first step. See the reverse for more information about how to complete your PHA.



A plan for life.

Personal Health Assessment

The Personal Health Assessment (PHA) helps you understand how your own actions can influence your state of health. Answer questions about a wide range of topics and receive a customized action plan for better health.

First-time PHA users need to register. To maintain your security, the PHA requires a different user name and password than you have for Life Points.

What you need:

- 15-20 minutes of time.
 - Basic information such as your height and weight. If you know your blood pressure and cholesterol levels, that is also helpful.
1. From your Life Points site, select the activity link to complete your PHA. It will open a new window.
 2. Enter the required information, such as: CDPHP member ID and suffix, first name, last name, and date of birth. These items must be entered the same way as they appear on your CDPHP ID card.
 3. Create a user name and password (different than for your Life Points account). Remember to store your password in a safe place.
 4. Click the “Get Started” arrow and begin.

NOTE: Please use the navigation buttons within the tool. Using your browser’s “back” button may cause you to lose information.

Once your PHA is complete, please allow one to two weeks for your points to accumulate. In the meantime, you may participate in other programs.

PROTECTING YOUR PRIVACY

Your privacy is important to us, and any information will be held in strict confidence. When using the PHA tool for the first time, you will be asked to read and accept the terms of our privacy and medical policies before proceeding.

If you have trouble logging in, or have any questions, call the CDPHP member services department at the phone number on your ID card.



Earn \$50 worth of Life Points when you take the PHA



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