

# Start down the path to good health with CaféWell<sup>®</sup>!

CaféWell is an interactive website that gives you the guidance and support you need to take control of your health. Through CaféWell, you tell us about yourself and your health, and we provide personalized activities and tracking tools to help you meet your goals – all in a private, secure environment.

How does CaféWell work?

- ▶ Tell us about yourself and your health goals by taking 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<sup>®</sup> for participating in healthy activities such as:
  - » Getting a vaccination or cancer screening
  - » Completing your physical exam
  - » Seeking nutritional guidance from a registered dietician



Register today at [www.cdphp.com/cafewell](http://www.cdphp.com/cafewell)



A plan for life.

## Get Rewarded with Life Points



- ▶ Earn Life Points by completing healthy activities through CaféWell.
- ▶ Life Points can be redeemed for valuable gift cards from a variety of retailers. CDPHP encourages you to use gift cards for health and wellness-related items.

## How to Register

- ▶ Visit [www.cdphp.com/cafewell](http://www.cdphp.com/cafewell) to create an account.
- ▶ You'll only need to complete the registration process once.
- ▶ Learn how to navigate the CaféWell website, add programs, view your active itinerary, and more, by selecting **Menu** → **Resources** → **Welcome to CaféWell**.

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

*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.*



**Get rewarded for healthy behaviors.** Visit [www.cdphp.com/cafewell](http://www.cdphp.com/cafewell).



**A plan for life.**

### **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）。