

Small steps lead to big changes.

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

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

Reap the rewards of better health

As you complete health-related activities, you'll earn points and move through levels. When you reach milestone levels, you unlock CDPHP Life Points® Rewards. Redeem the rewards for gift cards.



Health Hub



All adults age 18 and older in select plans are eligible. Points will reset upon renewal. Any unredeemed Rewards (dollar amount) accumulated based on levels achieved will remain. CDPHP Life Points Rewards are subject to taxes if \$600 or more is redeemed within a calendar year. Please check your member contract or call the number on your ID card to see if you're eligible.

Get started

Follow these easy steps for mobile or desktop:

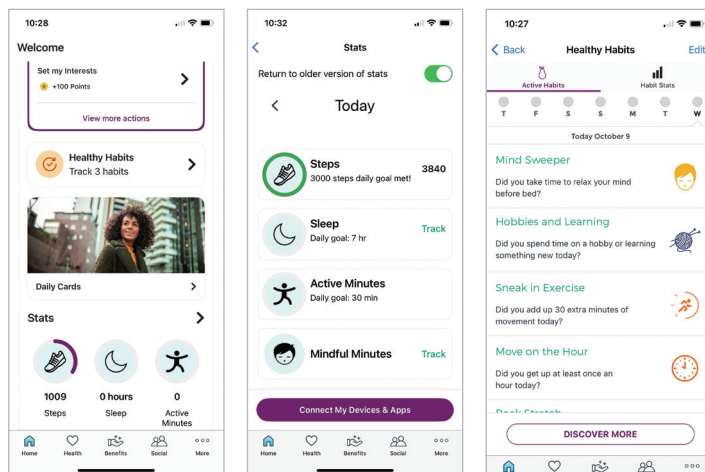
STEP 1 Search for the **Personify Health** app in either the App Store or Google Play and add it to your device or visit join.personifyhealth.com.

STEP 2 Enter **CDPHP** as your sponsor.

STEP 3 Enter your full name as it appears on your CDPHP ID card, date of birth, and subscriber ID. Your subscriber ID is located on your ID card.

STEP 4 Create your username and password.

STEP 5 Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more!



If you have any questions or need assistance enrolling, contact Personify Health at support@personifyhealth.com or call customer service at [877-686-2003](tel:877-686-2003).

TIP!

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



Health Hub

Discrimination is Against the Law

CDPHP® complies with applicable federal civil rights laws and do 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）。