A healthy business starts with healthy employees

A healthy and productive workforce can set your organization apart from the competition. By partnering with CDPHP® on your workplace health program, you can help your employees take charge of their wellbeing.

The CDPHP workplace health model for small businesses provides your employees with educational resources, healthy tips, and value-added benefits to help them live their healthiest lives.

WORKING WELL HEALTHY EMAIL SERIES



HEALTH AND WELLNESS VIRTUAL PROGRAMMING



STEP, NUTRITION, AND FITNESS CHALLENGES



Contact your broker or CDPHP representative to opt in!

PLUS! CDPHP members have access to numerous health and wellness benefits.

FITNESS & WEIGHT MANAGEMENT REIMBURSEMENTS



EAT HEALTHY WITH FOODSMART™



CDPHP *CYCLE!*℠ BIKE SHARE DISCOUNTS



SUPPORT TO QUIT TOBACCO



HEALTH HUB

CDPHP® | Health Hub

EARN INCENTIVES FOR GETTING HEALTHY

LifePoints® REWARDS

Turn over for a list of all wellness resources

CDPHP members and their dependents will receive targeted communications based on their individual needs.

By connecting members to the appropriate program, we can help put them on a path toward better health and lower your health care costs.

Lifestyle Improvement Programs

- Preventive care reminders
- Tobacco cessation programs
- Diabetes Prevention Program
- Asthma and COPD health management program
- Weight management and fitness reimbursement
- Nutrition and weight counseling benefits
- Reproductive, family support, and women's health

Interactive Member Tools and Incentives

- Earn Life Points® Rewards for making healthy lifestyle choices
- Personal Health Assessment
- Discounts on generic medications with Rx for Less
- Personalized online behavior change and healthy lifestyle activities in the Health Hub
- Digital wellness classes

Personal Coaching and Support

- Virtual health coaching journeys
- Care management
- Behavioral health support
- Medication review with a pharmacist

Community Support

- Convenient Customer Connect℠ locations throughout the Capital Region
- CDPHP *Cycle!*℠ bike-share program

