

# The Life Points<sup>®</sup> Advantage



Reduce your health care costs and reward employees for taking positive steps to improve their health.

The Life Points<sup>®</sup> program rewards employees for healthy behaviors. Members ages 18 and older can earn points for a variety of activities, such as:

- ▶ Attending an annual physical exam (a free service with all CDPHP plans)
- ▶ Getting a flu shot
- ▶ Taking their Personal Health Assessment (PHA)
- ▶ Participating in free CDPHP community wellness classes to get fit, eat healthy, and manage stress
- ▶ Tracking fitness with activity trackers

## A Win-Win Situation

### Employer Benefits

Educate employees on CDPHP resources, including the *CDPHP Welcome Video*.

Fewer sick days means more productive employees.

Improves company morale and employee retention.

Helps determine company-specific health risks for customized worksite wellness programs.

Reduced medical costs in the long run.

Healthier employees net a healthy bottom line.

### Employee Benefits

Helps incentivize members to use preventive health services.

Empowers members to make more informed health care decisions.

Encourages members to use fitness trackers and engage in physical activity.

Motivates members to make healthy lifestyle choices.

Free wellness classes and services make healthy living more affordable.

Shows employees that the employer values them.



Contact your broker or CDPHP representative to **learn more today.**

