EAP Lunchtime Wellness Program

Understanding CDPHP® Life Points®

Join us as a representative from CDPHP shares helpful information enabling you to take part in its Life Points program. Part of CaféWell®, an interactive health and wellness website, Life Points encourages you to take steps to maintain or improve your health in a number of ways. You’ll earn points for doing such things as taking a survey, completing a Personal Health Assessment (earn up to $60 in Life Points for this!), and taking CDPHP wellness classes. Learn how you can take advantage of this program as a member of CDPHP.

NOTE: 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.

To Register Contact:

Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu
Call 442-5483 or register online

http://www.albany.edu/eap/event_sign-up.htm

Wednesday, January 31
Noon—1:00 pm
Room 375
Campus Center