

# Health Hub powered by Virgin Pulse



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## Small steps to big changes.

Get started on your path to better health by visiting the CDPHP Health Hub, powered by Virgin Pulse.

- On January 1, 2023 - CaféWell will be removed and replaced with The CDPHP Health Hub
- PHA (Personal Health Assessment) will be available in the Health Hub
- CDPHP Life Points Rewards can be unlocked and redeemed for gift cards, merchandise, and donations to charitable foundations
- Mobile app and desktop versions are available
- Be on the lookout for notifications by email to earn extra points
  - Loyalty bonus for registrants who are currently using CaféWell
  - Early adopter bonus for members who register in January
  - Extra PHA points for members who complete the survey in January
  - Double point days throughout the year!

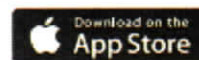
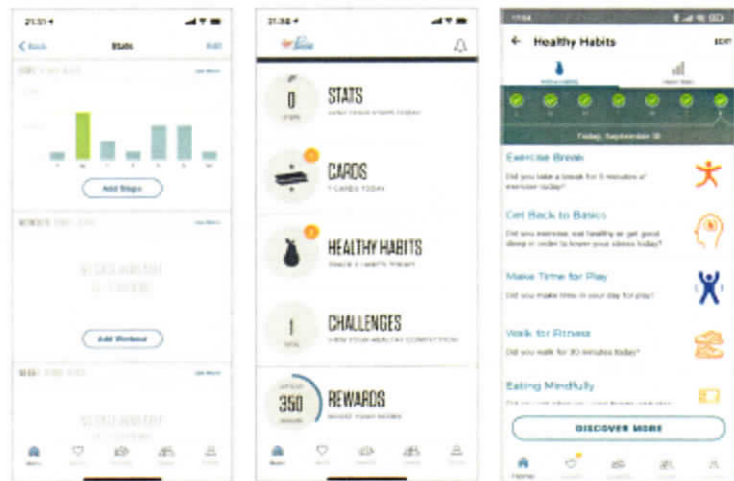
## Get Started.

Follow these easy steps for mobile:

**STEP 1** Search for the **Virgin Pulse** app in either the App Store or Google Play and add it to your device.

**STEP 2** Enter CDPHP as your health plan then create your username and password.

**STEP 3** Set your interests to get personalized daily tips to help you eat healthy, get active, reduce stress, sleep well, and more! Go to **Profile > More > Topics of Interest** on the mobile app.



## TIP!

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

Follow these easy steps for desktop:

**STEP 1** Visit [join.virginpulse.com](https://join.virginpulse.com).

**STEP 2** Enter CDPHP as your health plan then create your username and password.

**STEP 3** You can then select **Topics of Interest** in the profile drop-down menu to set your interests.