



Cornell Program for Healthy Living/Aetna Insurance Plan

Cornell Program for Healthy Living – Wellness Program Fact Sheet

- The employee may register for the Cornell University Wellness Program any time. Employees will need to show their CPHL Aetna ID card and their Cornell ID card as proof of enrollment in CPHL. The CPHL Aetna ID card will show “01” for the policyholder/employee. The other names on the CPHL Aetna ID card are covered dependents who have their own identifying numbers that are greater than “01.”
- If the employee is covering their spouse/same sex partner as a dependent under CPHL AND the spouse/same sex partner is a Cornell employee, the spouse/same sex partner will also be eligible for the discount. The spouse/same sex partner will be required to show their CPHL Aetna ID card which will list them as a dependent AND their Cornell ID card.
- The Wellness Program application can be found and printed out at <http://wellness.cornell.edu/becomemember.html> . Wellness applications may also be picked up in the Wellness Program office, 303 Helen Newman Hall.
- Spouses who are not Cornell employees may enroll in the Cornell Wellness Program, however they must pay the regular fee.
- Existing Wellness members must also present their new CPHL insurance card in order to be switched over with Wellness as part of CPHL. This does not happen automatically. Contact the Wellness Program at 255-3703 for information on how your current payments will be managed.
- **The CPHL fitness membership benefit begins when the employee completes the application and presents the CPHL insurance card. Prior existing memberships will not be reimbursed before the insurance card is presented to the Wellness Program office.**
- You will have several months to complete the initial appointment with your primary care physician. At your doctor’s appointment, you will receive a “Wellness Report” that you and your physician will complete together. This is an opportunity to discuss your participation in the Wellness Program.
- All CPHL Wellness memberships run through December 31.
- If you continue with this insurance, your membership will continue without a lapse.