

Register for Wellness at Work



NEW

Wellness at Work is an online health & wellness platform available to ALL benefits-eligible City of Albuquerque & participating government entity employees and their spouses or domestic partners.

Access Instructions for Employees Enrolled in CABQ Presbyterian Health Plan

Step 1 – Using your Internet browser, go to the Presbyterian home page: www.phs.org

Step 2 – Click on the myPRES Login tool in the upper right hand corner of the page.

- If you have already registered with myPRES, simply enter your User Name and Password, then click “Sign In” (skip ahead to Step 3)
- If you have not yet registered with myPRES, click on “Register for myPRES” located beneath “Login to myPRES” and complete the following on the myPRES Patient & Member Registration page.

1. ENTER YOUR PERSONAL INFORMATION – Have your member ID card available. Enter your name and 11-digit ID number as they appear on your card. Click “Submit.”

2. CREATE YOUR myPRES ACCOUNT

- Create your User ID. Type in a user name that you will be able to remember.
- Enter a password you will be able to remember. Your password must contain at least one number and a combination of letters and/or special characters (example: newpas\$1). You must include at least 8 characters. Click “Submit.”
- Proceed to Step 3.

Step 3 – IF YOU’RE ALREADY REGISTERED FOR myPRES and have signed in:
Find “NEW Wellness at Work” image & click it.

Wellness at Work gives you access to a variety of health & wellness tools:

- *Personal Health Assessment*
- *Fitness & nutrition challenges*
- *Health coaching (via online messaging and telephone)*
- *Food and exercise trackers to analyze physical activity and diet*
- *Meal and exercise plans*

*Personal health information you provide is confidential.
Aggregate data is used to plan wellness programs.*

Wellness
at WORK



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

If you have questions about accessing *Wellness at Work* please call 923-6030.