

# COMPLETE YOUR Personal Health Assessment

## Get a \$25 GIFT CARD

for Sprouts or Big 5 Sporting Goods

### Instructions for CABQ Employees, Spouses & Domestic Partners ENROLLED in the city's Presbyterian Health Plan.

**Step 1** – Using your Internet browser, go to the Presbyterian home page: [www.phs.org](http://www.phs.org)

**Step 2** – Click on the red 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\$x1). 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 turquoise button "Access Your PHA"

**Step 4** – Click on "Take Your PHA"

**Step 5** – Within a month after you have completed the PHA you will receive a letter instructing you to take the letter to the Insurance & Benefits office to receive your gift card.

#### The PHA Provides:

- ✓ An analysis of your health behaviors
- ✓ A personalized profile of your health risks
- ✓ Steps you can take to improve your health

**If you have questions about accessing the personal health assessment website, please call the phone number located on the back of your Member ID card.**

**BetterHealth**  
CITY OF ALBUQUERQUE  
*Better you.*

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

