Complete Your
Personal Health Assessment

And receive $25 Big 5 Sporting Goods Gift Card

Step 1 – Using your Internet browser, go to the Presbyterian home page: *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: Click on the turquoise Wellness At Work button.

Step 4 – 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.

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

CABQ Employees, Spouses & Domestic Partners enrolled in the city's Presbyterian Health Plan are invited to complete the Personal Health Assessment.

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

BetterHealth
City of Albuquerque
Better you.