COMPLETE YOUR
Personal Health Check

Earn $25 in Pulse Cash*

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*

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 don't have an account yet, Click on **Register Now** under Patients & Members:

    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:
Scroll down to the "Wellness at Work" image and click on the tile.

Step 4 – Complete the Health Check assessment to earn $25 in Pulse Cash.
You can redeem for gift cards, donate to a charity, or shop in the store.

The first time you log in you will need to enroll and create a profile through the Virgin Pulse platform. Follow the prompts to enroll. This is a one-time process and only required the first time you log in.

The Health Check 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 Wellness at Work, please call the customer service phone number located on the back of your Member ID card.

BetterHealth
CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES
Better you.

Personal health information you provide is confidential.

Aggregate data is used to plan wellness programs.