

COMPLETE YOUR Personal Health Check

Earn \$25 in Pulse Cash*



Instructions for City of Albuquerque Benefits-eligible Employees, Spouses and Domestic Partners **NOT** Enrolled in CABQ Presbyterian Health Plan

Step 1 – Using your Internet browser, go to
The Solutions Group home page www.solutionsbiz.com

Step 2 – Click on the Wellness at Work link. (Top right corner of webpage).

- If you have already registered with Wellness at Work, simply enter your User ID and Password, then click “Sign In.” (Proceed to Step 3)
- If you have not yet registered with Wellness at Work, click “Register” on the right-hand side in the “All Other Users” box. You will be directed to the Wellness at Work Registration page. Please have your Employee Number handy.
 - Enter **PHP001365** as the Company Code and your Employee Number.
 - Select your Work Location from the drop-down box and enter your Home Address.
 - Complete the form, then click “Next”
 - Create your User ID. Type in a user name you will be able to remember.
 - Enter a password you will be able to remember. Your password must be at least 8 characters long and contain at least one number and a combination of letters and/or special characters (example: newpas\$x1).
 - Select your Security Question/Answer.
 - Click the “Register” button at the bottom of the page.

Step 3 – Please wait two business days after registering.
After the two business days you can log in by following steps one and two above.

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 contact
wellness@phs.org.**



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.