Register for Wellness at Work

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$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 it.

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

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

BetterHealth
CITY OF ALBUQUERQUE AND PARTICIPATING GOVERNMENT ENTITIES
Better you.

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