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 Not Enrolled in CABQ Presbyterian Health Plan

**Step 1** – Using your Internet browser, go to The Solutions Group home page [www.solutionsbiz.com](http://www.solutionsbiz.com)

**Step 2** – Click on the Wellness at Work link. (Bottom left corner of web page).

- 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 if you are registering as an **Employee** or as a **Spouse or Domestic Partner**.
- Click “Next.”
- Select your Work Location from the drop-down box and enter your Home Address.
- 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$).
- Select your Security Question/Answer.
- Click the “Register” button at the bottom of the page.

**Step 3** – You will be taken to the Registration Confirmation page. Please allow 2 business days for your account to be activated.

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.