Register for
Wellness at Work

NEW

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*

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*

Wellness at WORK

BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

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