

# Complete Your WebMD Personal Health Assessment

Get your **\$25**  
Gift Card



CABQ Employees, Spouses & Domestic Partners enrolled in Presbyterian Health Plan are invited to complete the WebMD Personal Health Assessment.

**Step 1** – Using your Internet browser, go to the Presbyterian home page: [www.phs.org](http://www.phs.org)

**Step 2** – Click on the red 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: The Access My Care (MyChart) page will open, and you will see Access Health Score in the third column. Click on the GO button.

**Step 4** – Within a month after you have completed the PHA you will receive a letter instructing you to take the letter to the Insurance & Benefits office to receive your gift card.

**If you have questions about WebMD Health Manager or how to access the website, please call the phone number located on the back of your Member ID card.**

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

## The PHA Provides:

- ✓ An analysis of your health behaviors
- ✓ A personalized profile of your health risks
- ✓ Steps you can take to improve your health

**BetterHealth**  
City of Albuquerque  
*Better you.*