Complete Your WebMD
Personal Health Assessment

Get your $25 WHOLE FOODS MARKET 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*

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: Click on the turquoise **Access MyHealthScore** button in the MyHealthScore box.

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 profi le of your health risks
- ✔ Steps you can take to improve your health

BetterHealth
City of Albuquerque
Better you.