

# Better well-being on a better well-being platform

 **PRESBYTERIAN**

Presbyterian Health Plan, Inc.  
Presbyterian Insurance Company, Inc.

**Join Wellness at Work –  
a well-being platform with more wellness, just for you!**



WELLNESS AT WORK

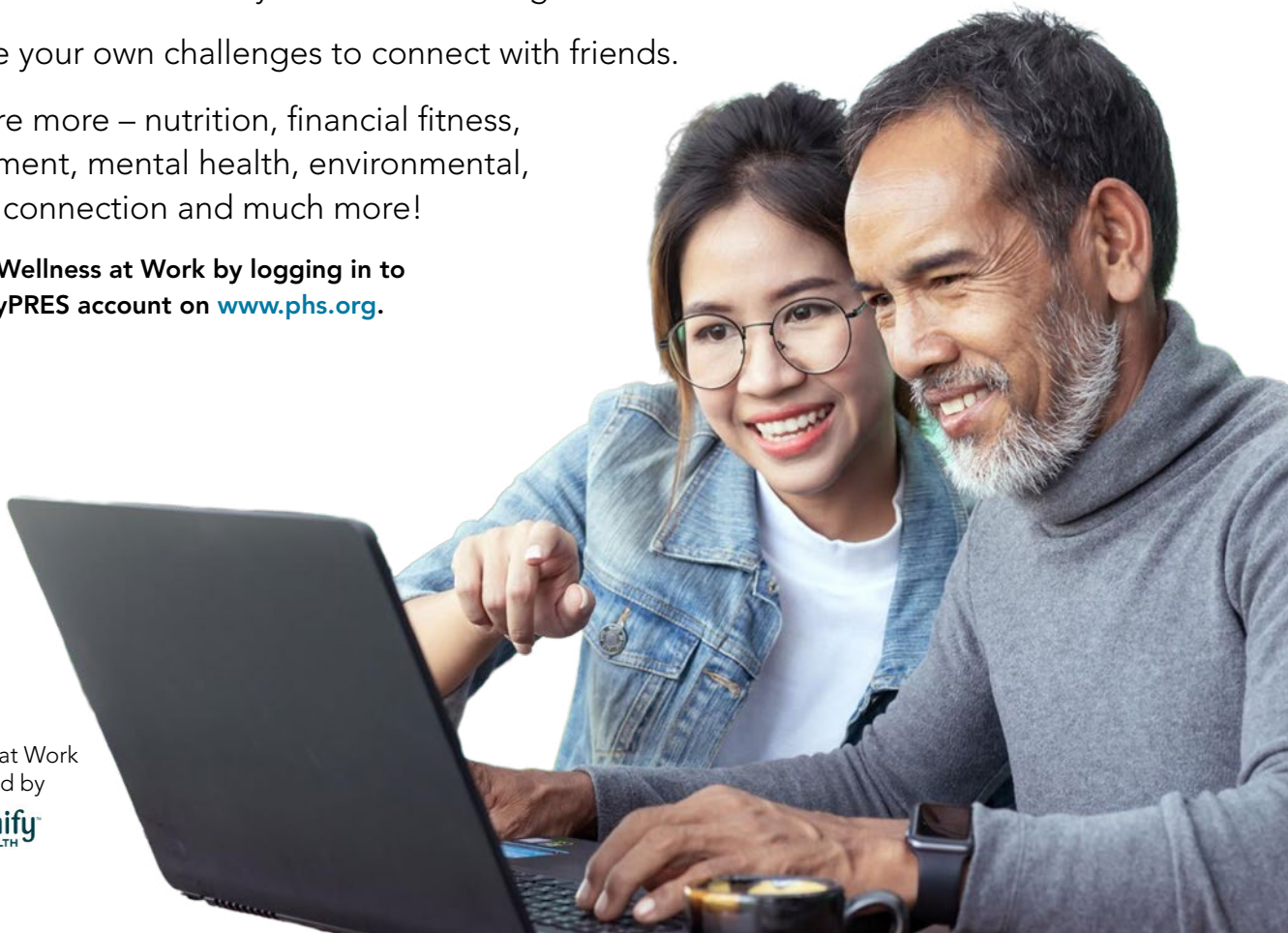
**How you thrive matters. That's why we've designed Wellness at Work  
to make wellness and well-being programs work better for you.**

- Access Wellness at Work on your phone or computer.
- Personalize it to match your interests and goals.
- Create your own challenges to connect with friends.
- Explore more – nutrition, financial fitness, movement, mental health, environmental, social connection and much more!

**Get to Wellness at Work by logging in to  
your myPRES account on [www.phs.org](http://www.phs.org).**

Wellness at Work  
is powered by

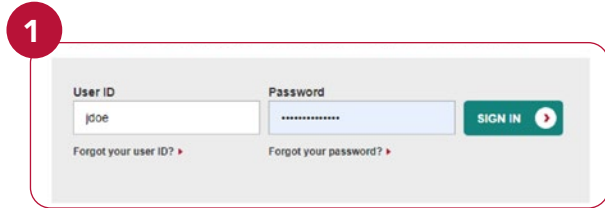
 **personify**  
HEALTH





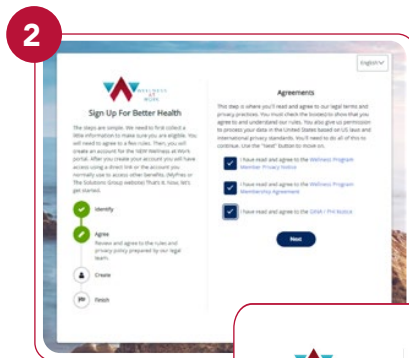
# Accessing Wellness at Work

1. Log in to your myPRES account on [www.phs.org](http://www.phs.org). Click on Health and Wellness tab.



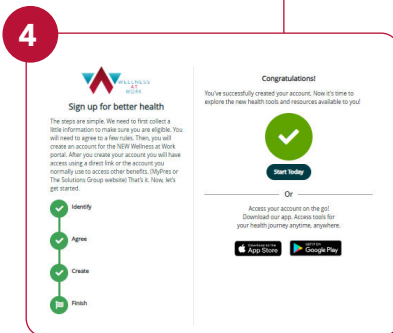
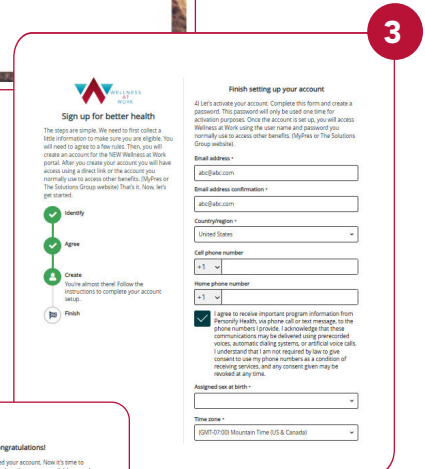
## FIRST TIME LOGIN

2. You will be directed to an enrollment page. Please accept the privacy terms.
3. Complete the profile information.
4. Click "Start Today" to access Wellness at Work



Complete your Health Check, get your risk factors, and start your wellness journey!

If you need assistance, please call (505) 923-6030 or 1-855-460-7737.



Presbyterian complies with civil rights laws and does not discriminate on the basis of protected status including but not limited to race, color, national origin, age, disability, or sexual orientation or gender expression. Free language assistance services are available to you. Appropriate auxiliary aids and services to provide information in accessible formats are also available free of charge. Call 1-855-592-7737 (TTY: 711) or speak to your provider.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. También están disponibles de forma gratuita ayuda y servicios auxiliares apropiados para proporcionar información en formatos accesibles. Llame al 1-855-592-7737 (TTY: 711) o hable con su proveedor.

SHOOH: Diné bee yáńít'i'gogo, saad bee aná'awo' bee áka'anida'awo'ít'áá jii'eh ná hóló. Bee ahíł hane'go bee nida'anishí t'áá ákodaat'éhígíí dóó bee áka'anida'wo'i