



Login Instructions

Step 1 Using your Internet browser, go to the Presbyterian home page: **www.phs.org**

Step 2 Click on the **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 don't have an account yet, Click on **Register Now** under Patients & Members:

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 "Access your Health Assessment" under Health and Wellness Resources.

Platform Benefits

- Sync your device and track your steps, earn points by being active.
- Challenge a friend, family member or co-worker to a challenge.
- Do a Journey, a short self-paced course on well-being.
- Stay on top of your wellness with daily well-being nudges.
- Stay up to date on BetterHealth programs and events.



BetterHealth

CITY OF ALBUQUERQUE AND
PARTICIPATING GOVERNMENT ENTITIES

Better you.

Jenna Zietzke, Insurance and Benefits Division
7th Floor City Hall, Room 702 | (505) 768-2921 (TTY 711)
www.cabq.gov/humanresources/employee-benefits



WELLNESS AT WORK

Need Help?
Contact Customer Service

(505) 923-5590
Toll-Free 1-866-861-7444
email: wellnessatwork@phs.org

Login Instructions

for Employees **NOT** Enrolled in CABQ Presbyterian Health Plan

Step 1: Using your Internet browser, go to **www.solutionsbiz.com**

Step 2: Click on the red **Wellness @ Work** login at the top right of the page

- If you have already registered with Wellness at Work, simply enter your Username and Password, then click **"Sign In"**
- If you don't have an account yet, click on **Register Now** under **All Other Users**

YOU WILL BE DIRECTED TO THE WELLNESS AT WORK REGISTRATION PAGE

- Enter your information.
- In the company code, enter: **PHP001365**
- Enter your Employee ID. If you do not know your employee ID, please contact your HR department. Or you can enter the last 5 digits of your SS number.
- Click Next button
- Select Work Location and complete the form
- Enter a unique user ID. You will use this to log in to Wellness at Work in the future.
- Create a password and confirm the password
- Select your security questions

Once you complete the registration process, you will need to wait 2 business days for your account to be activated. Afterwards, you can access by going to www.solutionsbiz.com and clicking on the Wellness @ Work Login button at the top right of the page.

**If you have Presbyterian Health Plan through your employer, please go to www.phs.org and login to your myPRES account. Once logged in, click on Health and Wellness and then Access Health Assessment.*

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