



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.*

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.

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