

# We have a health education tool for you.



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

## What is Healthwise?

An online health library.  
Has information and videos on many healthcare topics.

## Who can use it?

All members who have a Presbyterian health plan can use Healthwise.

## Why would you use it?

Find health information you can trust.  
Search for wellness or chronic condition information.

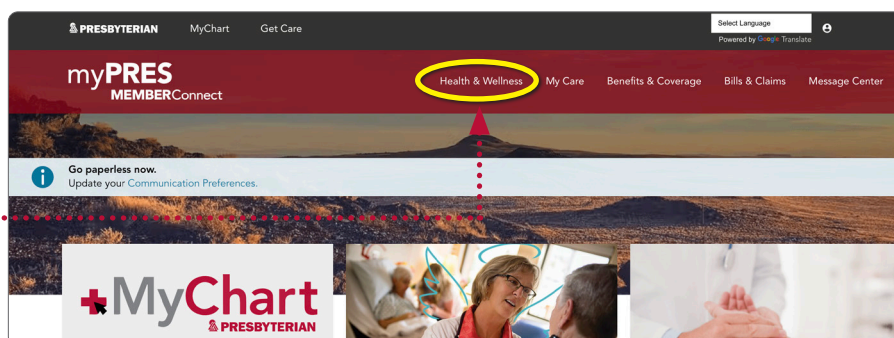
## How do you use it?

You can use it through myPRES MEMBERConnect. Follow the three steps below.

### STEP 1

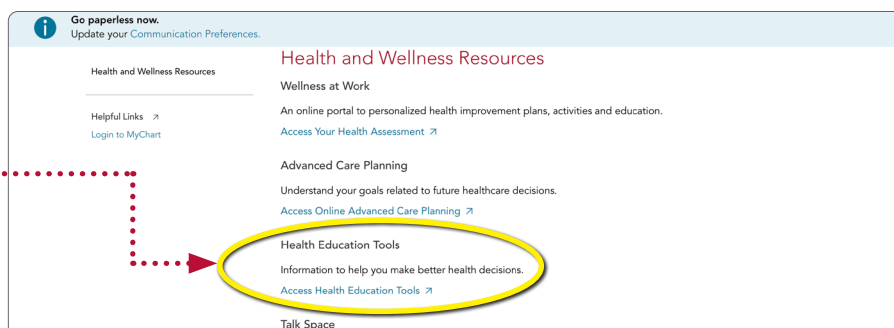
- Login to your myPRES account at [www.phs.org/myPRES](http://www.phs.org/myPRES)

If you do not have a myPRES account, select the **Register Now** button and follow steps to set up an account.



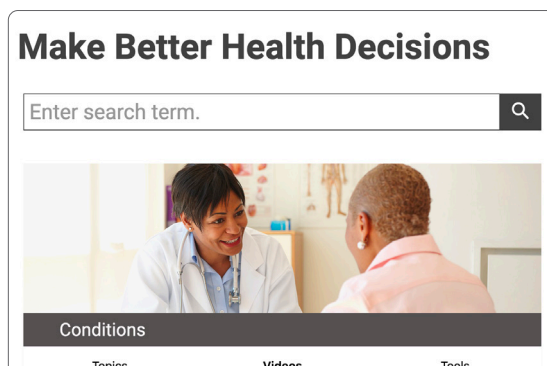
### STEP 2

- Select **Health & Wellness**
- Select **Access Health Education Tools**



### STEP 3

- Explore the page
- See back page for more ways to look for what you need



# Explore the Healthwise Health Education Tool

Explore Healthwise by looking at topics, videos, and tools.

Type any health-related subject in the search box

You can also view subjects by the following categories:

- Conditions
- Wellness and prevention
- Life stages
- Explore more additional resources

Under each category, you can view topics, videos, and tools

## Topics

View information for common topics

## Videos

View great videos on different conditions, prevention and more

## Tools

Check your symptoms and play with health calculators using the tools feature

## Make Better Health Decisions



Conditions

Topics

Videos

Tools

Find information by letter or number

## Browse Topics

A	B	C	D	E	F	G	H	I	J	K	L	M	N
O	P	Q	R	S	T	U	V	W	X	Y	Z	(0-9)	

Such services are funded in part with the State of New Mexico.

Based on a Model of Care review, Presbyterian Dual Plus (HMO D-SNP) has been approved by the National Committee for Quality Assurance (NCQA) to operate a Special Needs Plan (SNP) through 2025.

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. If you need language assistance, services are available at no cost. Call (505) 923-5420, 1-855-592-7737 (TTY: 711). ATENCIÓN: Si usted prefiere hablar en español, están a su disposición servicios gratuitos de ayuda lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711). Díí baa akó nínízin: Díí saad bee yánnítí'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódílnih (505) 923-5420, 1-855-592-7737 (TTY: 711). For more information, visit <https://www.phs.org/nondiscrimination>.

Presbyterian exists to ensure all of the patients, members and communities we serve can achieve their best health.