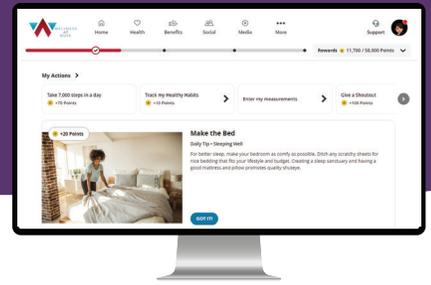


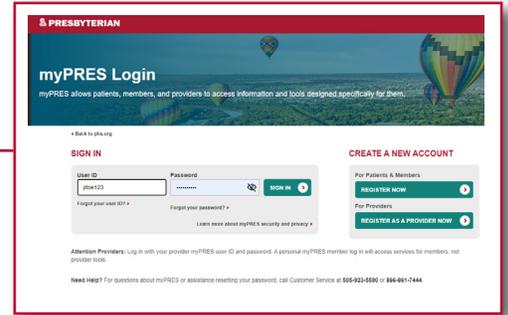
How to access Wellness at Work as a Presbyterian Health Plan member



WELLNESS AT WORK



- 1) On your desktop or laptop computer, go to: www.phs.org
- 2) Click on  at the top right of the page.



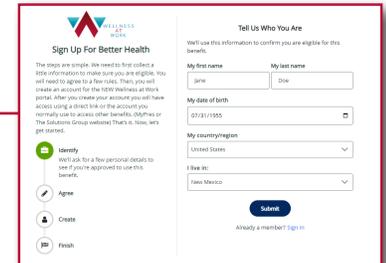
Logging in to Wellness at Work

- 3) Enter your myPRES **username** and **password**.
 What if I don't have a myPRES account?
 You can set one up by clicking on **REGISTER NOW** under Patients and Members.
- 4) Once you are logged in, click on **Health and Wellness** in the top red bar.
- 5) Click on **Access Your Health Assessment** under **Wellness at Work**



First time logging in to Wellness at Work

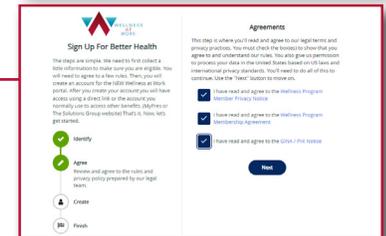
- 6) Accessing **Wellness at Work** for the first time:
 After you've logged in, the first time you are accessing Wellness at Work, you will need to enroll in Virgin Pulse. This is a one-time process.



Complete the form with your information.

Read and accept the agreements

Complete the form. You will be asked to create a password. This is a temporary password and will not be used to log in. You will use the myPRES username and password associated with your Presbyterian Health Plan (PHP).



Frequently Asked Question

What if I see an error message when I go to Wellness at Work?

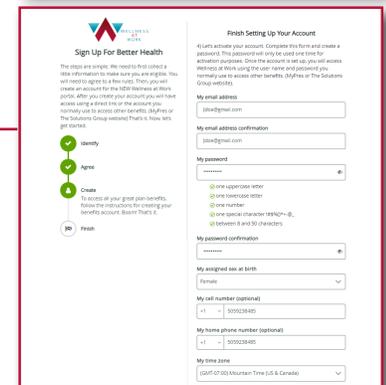
Make sure you are logging in to a myPRES account that is associated with your Presbyterian Health Plan. You may have several accounts. (Patient, Contractor, Provider or other). It's likely that you are logging in to a myPRES account that doesn't have access to Wellness at Work. Only the account that is used for your healthplan will see the Wellness at Work links. If you need help, contact customer service. See below.

I don't know my password. What should I do?

You can reset your password by clicking on the link under the password that says "Forgot my password." You will get an email with a reset link. You will need to answer the security questions. If you are having issues resetting your password, please contact Customer Service.

I'm trying to log in but I'm not seeing the Wellness at Work information.

Try clearing your history on your browser, then close the browser and start again by going to www.phs.org and clicking on the **myPRES login**. It's possible that the browser is retaining login information from another account and it is causing issues.



Need Help? For questions about myPRES or assistance resetting your password, call Customer Service at 505-923-5590 or 866-861-7444, or email wellnessatwork@phs.org