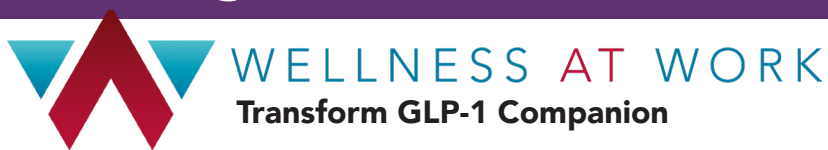



How to access Wellness at Work and register for Transform Program



On your desktop or laptop computer, go to: www.phs.org

Click on  at the top right of the page.

Logging in to Wellness at Work

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.

Once you are logged in, click on **Health and Wellness** in the top red bar.

Click on **Access Your Health Assessment** under **Wellness at Work**

First time logging in to Wellness at Work

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 Personify Health. 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).

Accessing Transform Program

After you've logged in to Wellness at Work, you will be asked to complete the Health Check. You can complete this now, or click on the "X" at the top right to exit out of the page.

Once you are on the main page, click on the **Transform** widget towards the bottom.

Click on **"Go To Transform"**

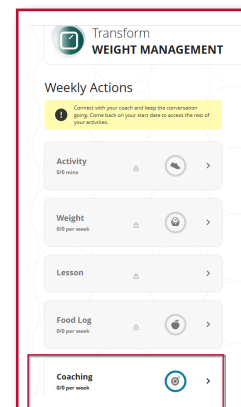
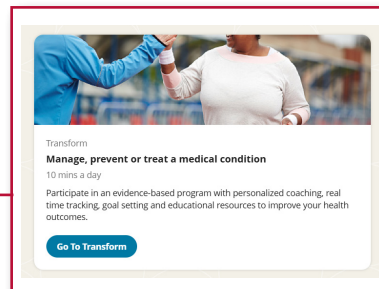
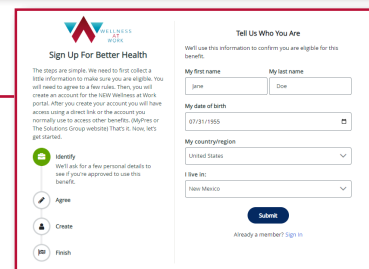
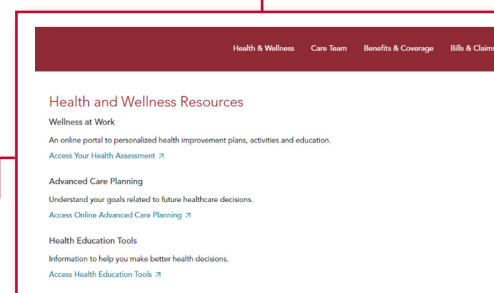
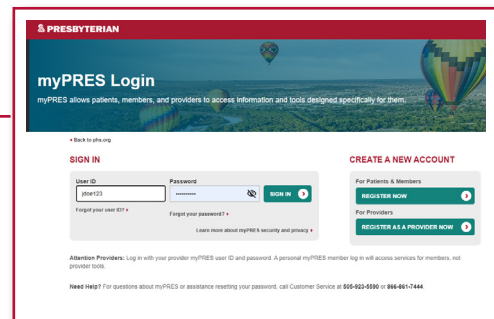
Complete the Survey.

If you currently have a prescription for GLP-1 or will be receiving one from your physician, please answer "YES" to the question about being on a GLP-1. If you answer "NO," you will not be able to enroll in Transform, and any future prescription will be denied.

To begin the enrollment process, you need to schedule your first call with a coach. Please make sure to schedule this call at your earliest convenience.

Throughout the program, you must be engaged by doing **at least 2** of these actions per week.

- 1 recorded weight
- 150 min of activity
- 3 logged meals
- 1 lesson + quiz
- 1 coaching session



Need Help? For questions about myPRES or assistance resetting your password, call the Presbyterian Customer Service Center at (505) 923-5590 or 1-866-861-7444, or email wellnessatwork@phs.org.

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 yánílt'i'gogo, saad bee aná'awo' bee áka'anída'awo't'áá jiik'eh ná hóló. Bee ahíł hane'go bee nida'anishí t'áá ákodaat'éhígíí dóó bee áka'anída'wo'í áko bee baa hane'í bee hadadilyaa bich'í' ahoót'i'ígíí éí t'áá jiik'eh hóló. Kohj'í' 1-855-592-7737 (TTY:711) hodiłłnih doodago nika'análwo'í bich'í' hanidzihi.

For more information, visit <https://www.phs.org/nondiscrimination>.