## How to access Wellness at Work and register for Transform Program

WELLNESS AT WORK Transform GLP-1 Companion	n	PRESEVTERIAN  NyPRES Login  PRES aloue paleres, members, and providers to scores internation and PRES aloue paleres, members, and providers to scores internation and	
On your desktop or laptop computer, go to: <u>www.phs.org</u>		Bick to play org SIGN IN User (D Password P	CREATE A NEW ACCOUNT
Click on → myPRES Login at the top right of the page.		Torget year usin 101 >         Forget year password >         Lane more about myPRE 5 security and         Attraction Remains 1 on to which my Refer to accurity and         Attraction Remains 1 on to which my Refer to accurity and         Attraction Remains 1 on to which my Refer to accurity and         Attraction Remains 1 on to which my Refer to accurity and	REGISTER NOW     Por Providers     RECISTER AS A PROVIDER NOW     O
Logging in to Wellness at Work		Named Help? For questions about myPRES or assistance resetting your password, call	an nya roku na katalan nya ni ni akatala katalan na katalan katalan katalan katalan katalan katalan katalan kat
Enter your myPRES username and password. What if I don't have a myPRES account? You can set one up by clicking on <b>REGISTER NOW</b> under Patients and Members.		Hadh & Walters	s Cars Raan Booalita & Caverage Bills & Claim
Once you are logged in, click on <b>Health and Wellness</b> in the top red bar.	П	Health and Wellness Resources Wellness at Work A collee portal to personalized health improvement plans, activities are Access Your Health Assessment 3 Advanced Care Planning	Induction.
Click on Access Your Health Assessment under Wellness at Work First time logging in to Wellness at Work		Understand your goals initiated to fishure healthcare decisions. Access Online Advanced Care Planning 7 Health Education Tools Information to help your make better health decisions. Access Health Education Tools 7	
<ul> <li>Accessing Wellness at Work for the first time:</li> <li>After you've logged in, the first time you are accessing Wellness at Work, you will need to enr Personify Health. This is a one-time process.</li> <li>Complete the form with your information.</li> <li>Read and accept the agreements</li> <li>Complete the form. You will be asked to create a password. This is a temporary pass and will not be used to log in. You will use the myPRES username and password associated with your Presbyterian Health Plan (PHP).</li> </ul>		Figure 1       Figure 1 <t< th=""><th>Elisheriou         Image: Ima</th></t<>	Elisheriou         Image: Ima
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.			Construction
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	ge, prevent or treat a m a day ate in an evidence-based pro cking, goal setting and educi	And it is a second seco	Activity do max 40 m

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.

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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.

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