

Presbyterian has a health education tool for you.



What is Healthwise?

An online health library.
Has information and videos on almost every health care topic.

Why would you use it?

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

Who can use it?

All Presbyterian Health Plan members can use Healthwise.

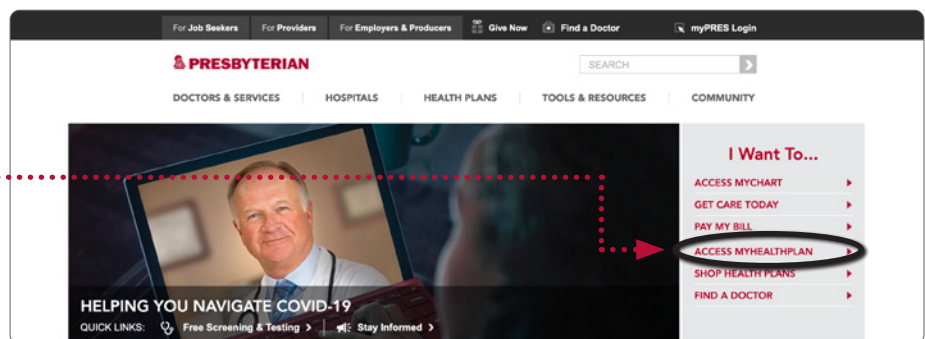
How do you use it?

You can use it through myPres.
Follow the three steps below.

STEP 1

- Go to www.phs.org
- Click on **Access MyHealthPlan**
- Login using your myPres information

If you do not have a myPres account, click on "register for myPres" and follow the account set-up steps.



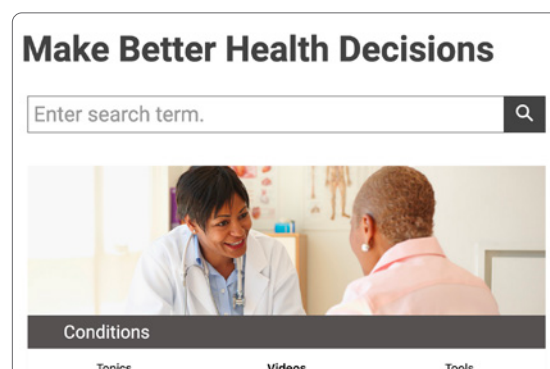
STEP 2

- Find the Wellness Information tile
- Click on **View**
- Click on **Health Education Tools**



STEP 3

- Explore the Healthwise Health Education Tools 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

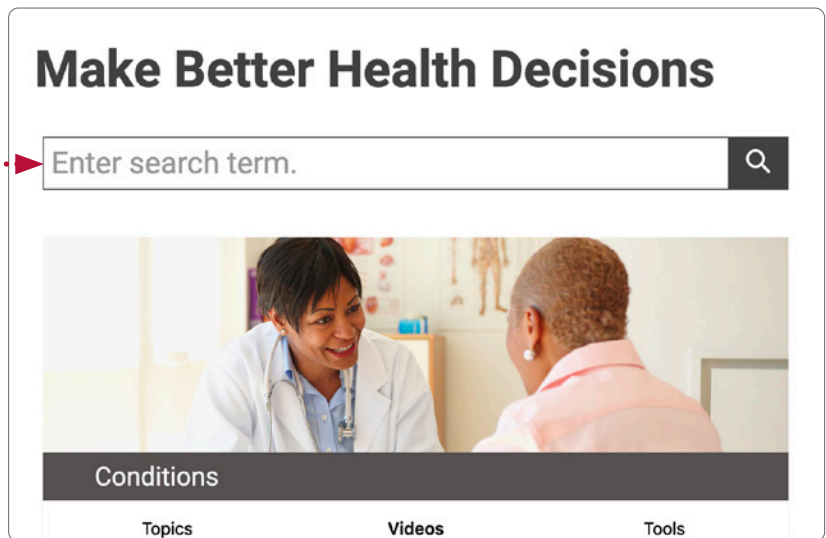
View information for common topics

Videos

View great videos on different conditions, prevention and more

Tools

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



Find information by letter or number



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

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (505) 923-5420, 1-855-592-7737 (TTY: 711).

Díí baa akó nínízin: Díí saad bee yáníłti'go Diné Bizaad, saad bee áká'ánída'áwo'déé', t'áá jiik'eh, éí ná hóló, koji' hódíłnih (505) 923-5420, 1-855-592-7737 (TTY: 711).