

Complete Your Personal Health Assessment

And receive \$25 Big 5 Sporting Goods Gift Card



NEW

Now ALL benefits-eligible City of Albuquerque employees and their spouses or domestic partners qualify to take the PHA.

Instructions for Employees Enrolled in CABQ Presbyterian Health Plan

Step 1 – Using your Internet browser, go to the Presbyterian home page: www.phs.org

Step 2 – Click on the myPRES Login tool in the upper right hand corner of the page.

- If you have already registered with myPRES, simply enter your User Name and Password, then click “Sign In” (skip ahead to Step 3)
- If you have not yet registered with myPRES, click on “Register for myPRES” located beneath “Login to myPRES” and complete the following on the myPRES Patient & Member Registration page.

1. ENTER YOUR PERSONAL INFORMATION – Have your member ID card available. Enter your name and 11-digit ID number as they appear on your card. Click “Submit.”

2. CREATE YOUR myPRES ACCOUNT

- Create your User ID. Type in a user name that you will be able to remember.
- Enter a password you will be able to remember. Your password must contain at least one number and a combination of letters and/or special characters (example: newpas\$x1). You must include at least 8 characters. Click “Submit.”
- Proceed to Step 3.

Step 3 – IF YOU’RE ALREADY REGISTERED FOR myPRES and have signed in: Find “NEW Wellness at Work” image, click turquoise button “Access Your PHA”

Step 4 – Click on “Take Your PHA”

Step 5 – Within a month after you have completed the PHA you will receive a letter instructing you to take the letter to the Insurance & Benefits office to receive your gift card.

Personal health information you provide is confidential. Aggregate data is used to plan wellness programs.



BetterHealth
City of Albuquerque
Better you.

If you have questions about accessing the personal health assessment website, please call 923-6030.

Turn the page for instructions to CABQ employees NOT enrolled in Presbyterian Health Plan.