

Need Help Accomplishing Your Health Goals This Year?

Change is hard, but we can help! Presbyterian Health Coaches can support a wide variety of wellness goals including diet, fitness, sleep, stress reduction and life balance.



Sign up for **HEALTH COACHING***

Success rates increase with accountability. Our coaches bring empathy, compassion and knowledge. **Coaching is available at no additional cost to NMPSIA members covered under Presbyterian Health Plan.**

Presbyterian Health Coaches have advanced degrees and can help you:

- Set goals
- Create an action plan
- Identify your motivation for change
- Keep you on track

Sign up for Health Coaching on the **Wellness at Work** health and wellness platform, available through **myPRES**. See instructions on reverse side.

The first 1,000 NMPSIA members to complete their profile in

Wellness at Work in 2018 will receive a
\$10 eGIFT CARD to AMAZON.COM**

Questions? Email NMPSIA.coaching@phs.org

**Health Coaching is available at no additional cost to New Mexico Public Schools Insurance Authority members (ages 18+) covered under Presbyterian Health Plan. Coaching is available via online messaging and telephone.*

*** Please allow up to two weeks after completing your profile in **Wellness at Work** to receive your Amazon eGift card via email.*



New Mexico
Public Schools
Insurance
Authority



**NMPSIA
WELLNESS**



PRESBYTERIAN

How to register for **myPRES** and **Wellness at Work**

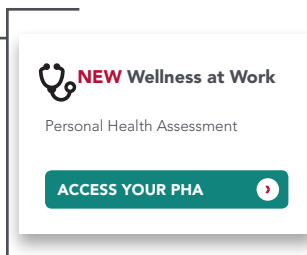
Step 1 Using your internet browser, go to the myPRES home page: www.mypres.org.

Step 2 If you have already registered for myPRES, simply enter your user ID and password, and then click "Sign In" (skip ahead to Step 3). If you have **not** yet registered for myPRES, click on "Register Now" and complete the following on the myPRES Registration page (please have your Presbyterian Health Plan member insurance card handy):

- Enter your personal information.
- Under "Insurance" select "Presbyterian."
- Enter your 11-digit member ID number exactly as it appears on your Presbyterian Health Plan card (*Note: You will not be able to access **Wellness at Work** without entering your 11-digit member ID number.*)
- Enter your contact information.
- Create your User ID and password.
- Enter a security question and answer, and input the last 4 digits of your social security number.
- Click "Register."

Step 3 After you have registered or signed in to myPRES:

- From the myPRES dashboard, click the Wellness at Work box at the bottom of the page.
- Complete your **Wellness at Work** profile.
- On the Wellness at Work homepage, find the Health Coaching icon.



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If you have questions about **Wellness at Work** or how to access the website, please call 1-505-923-6030, Mon.-Fri., 6:00 a.m. to 6:00 p.m.