

# Know your health risk status



Participate in the

## NMPSIA Wellness

### PERSONAL HEALTH ASSESSMENT CHALLENGE

Complete your online Personal Health Assessment (PHA) between **January 15th** and **February 12th** to get entered into a raffle for incentive rewards, including:\*



**Fitbit Flyer**  
Bluetooth Wireless  
Headphones



**Fitbit Charge 2**  
Heart Rate +  
Fitness Wristband



One of ten  
**\$25 eGift Cards**  
to **Amazon.com**

**WHO:** New Mexico Public Schools Insurance Authority (NMPSIA) members (age 18+) covered under Blue Cross Blue Shield, Presbyterian, and True Health New Mexico health plans are eligible to take their Personal Health Assessment and win incentives.

**HOW:** Follow the appropriate instructions on the reverse side to take your Personal Health Assessment (PHA). Once you complete your PHA, go to the link below to certify its completion:

[https://www.research.net/r/PHA\\_Challenge](https://www.research.net/r/PHA_Challenge)

**\*Additional incentive prizes:**

- Swig stainless steel water bottle: **ALL** Presbyterian NMPSIA members who complete their PHA
- 2,500 Blue Points: **ALL** Blue Cross Blue Shield NMPSIA members who complete their PHA

Your PHA is an online questionnaire that provides you valuable information about your health status and health risk factors. The Personal Health Information you provide in your PHA is confidential and not shared with your employer.

Brought you by



New Mexico  
Public Schools  
Insurance  
Authority



**NMPSIA**

Wellness Ambassador

# PERSONAL HEALTH ASSESSMENT

## Access Instructions



BlueCross BlueShield  
of New Mexico

### Blue Cross Blue Shield members

Log in to the Well onTarget Portal using your Blue Access for MembersSM (BAMSM) account:

**Step 1.** Log in to BAM at [bcbsnm.com/members](http://bcbsnm.com/members) If this is your first time logging in, you will need to register your account. Click “Register Now” on the login screen.

**Step 2.** Once you are in BAM, click on the “Well onTarget” link on the right side of the screen. You will be taken to the portal.

**Step 3.** Take your Health Assessment. Under quick links, click Health Assessment. You can take the Health Assessment from your tablet, laptop or desktop.

If you have any questions about *Well onTarget*, call Customer Service at 877-806-9380. Or you can call the Internet Help Desk at 855-803-6448 Monday through Friday, 7 a.m. to 10 p.m., and Saturday, 7 a.m. to 3:30 p.m. (CT).



truehealth™  
new mexico

### True Health New Mexico members

Go to:  
[truehealthnewmexico.com/health-risk-assessment.aspx](http://truehealthnewmexico.com/health-risk-assessment.aspx)

You will need to log in to the True Health New Mexico member portal—or register, if you do not already have a member portal account—at [truehealthnewmexico.com/my-account-login.aspx](http://truehealthnewmexico.com/my-account-login.aspx). After registering and logging in to the member portal, you will see a link to the HRA on the home page.



### Presbyterian members:

**Step 1.** Go to the myPRES home page:  
[www.mypres.org](http://www.mypres.org)

**Step 2.** If you have already registered for myPRES, simply enter your user ID and password, 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 and 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:

- Click the *Wellness at Work* box at the bottom of the page.
- On the *Wellness at Work* homepage, click on the PHA in the top left-hand corner.

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.