

Better well-being in 2023 on a **better well-being platform**



WELLNESS AT WORK

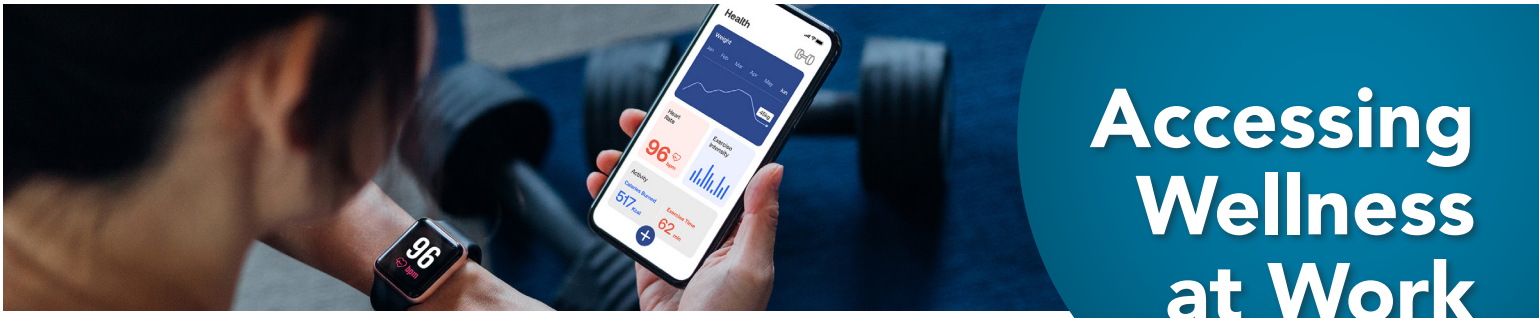
**Join Wellness at Work—a NEW well-being platform
with more wellness, just for you!**

**How you thrive matters. That's why we've redesigned Wellness at Work
to make wellness and well-being programs work better for you.**

- Access Wellness at Work on your phone or computer.
- Find more ways to earn—and redeem—Wellness Rewards points.
- Personalize it to match your interests and goals.
- Create your own challenges to connect with friends.
- Explore more—nutrition, financial fitness, movement, mental health, environmental, social connection and much more!



**Access using your myPRES account,
or by visiting www.solutionsbiz.com**



Accessing Wellness at Work

1. Log in to your myPRES account on phs.org, or by visiting www.solutionsbiz.com.

If you don't have an account, you can create one by following the instructions provided by your benefits department.

FIRST TIME LOGIN

2. You will be directed to an enrollment page. Please fill in the information and continue.
3. Accept the privacy terms.
4. Complete the profile information.

IMPORTANT NOTE: The password is only a one-time password. You will not need it to get to Wellness at Work. It is only to get through the initial enrollment. You do not need to remember it for future access.

5. Click "Take Me There" to access Wellness at Work.
6. Complete your Health Check and start earning points.



If you need assistance, please contact the IT Service Desk at (505) 923-6825 or (866) 640-7205, or email wellnessatwork@phs.org