

Better well-being on a better well-being platform

 **PRESBYTERIAN**

Presbyterian Health Plan, Inc.
Presbyterian Insurance Company, Inc.

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.
- 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!

Get to Wellness at Work by logging in to
your myPRES account on www.phs.org.

Wellness at Work is
powered by Virgin Pulse.

