



AT HOME

Wellness Screening

WELLNESS SCREENINGS AT NO COST TO YOU

by mail-order for NMPSIA Presbyterian members 18 and over.

KITS ARE AVAILABLE TO ORDER NOW!

The home test kit is available at no cost to members. It uses a finger stick blood draw to measure Total Cholesterol, HDL, LDL, Triglycerides, Glucose and A1C. Home Test Kits come with instructions to follow along. Log in to your myPRES account on www.phs.org, and click on Health and Wellness tab.

Find the **Wellness at Work** link. Once you've logged in, you can access your home test kit by clicking on Labcorp® on the benefits page.



HOW TO ORDER YOUR KIT:

- Log in to your myPRES account on www.phs.org.
- Click on Health and Wellness tab.
- Find the **Wellness at Work** link.
- Once you are logged in, go to the Benefits tab at the top.
- Click on the Labcorp® widget
- Click on **Start Now** button
- Create your Labcorp® account
- Order your kit and follow the instructions included in the kit.
- Your results will take 7-10 days after you mail the kit back.
- Log in to Wellness at Work to access results.

QUESTIONS? Contact nmpsia.wellness@phs.org



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