



Rewards Program

 **PRESBYTERIAN**
Health Plan, Inc.

Earn Rewards for Wellness

As a Presbyterian Health Plan member, you can earn wellness rewards simply by exercising and maintaining a healthy lifestyle. Members can earn up to \$400 per year!

Earn rewards with a variety of activities:

25
POINTS

Preventive Screening

Complete your preventive care services including screenings, immunizations and physical exams that help you to stay healthy.

25
POINTS

Activate MyChart

Create a MyChart account to access electronic health records, request prescription renewals or appointments, send messages to your care team and more.

25
POINTS

Complete an Advance Directive

An advance directive is a legal document about healthcare choices. Members receive 25 points for completing an Advance Directive form with their physician and self-reporting its completion in their Wellness at Work portal.

20
POINTS

Schedule a Smart Exam or Video Visit

Through Online Visits, Presbyterian Medical Group providers diagnose, treat and prescribe medications. Video Visits give you access to healthcare providers licensed in New Mexico, anytime, without an appointment from the comfort of your own home, office or other location.

10
POINTS

Call PresRN

A nurse advice line is available to Presbyterian Health Plan members at no cost 24 hours a day, seven days a week.

How to Earn Rewards*



Exercising – 1 point for every day you meet your goal

When you link your Fitbit or any other tracking device that syncs with Wellness at Work, our wellness portal, we will automatically track the number of days you reach the goal of 10,000 steps. You will receive one point for every day you meet your goal of 10,000 steps.



Get Your Flu Shot – 25 points

Get your annual flu shot and self-report in Wellness at Work. The date and location will be required.



Complete Your Personal Health Assessment (PHA) – 25 points

Complete your PHA through the Wellness at Work. You can earn one PHA reward per calendar year.



Wellness Workshops

Complete one of our many workshops available at Wellness at Work and earn points. Points will be based on the length of the program you complete. Workshops are completed through the online portal. Workshops are on a variety of topics ranging from alcohol abuse and addiction education to weight management.

- **10 points** for a two- to four-week program
- **30 points** for a four- to six-week program
- **50 points** for a 12-week program

How to Register

Sign-up for Wellness at Work*

To sign up for Wellness at Work:

- 1 Go to www.phs.org and click on 'myPRES Login' and then click on 'Register for myPRES.'
- 2 Complete the fields on the registration page and create a user ID and password.
- 3 Select 'Presbyterian Health Plan' from the 'Insurance' drop down, and then enter the 11-digit ID number located on the back of your member ID card. You will need to input this ID number in order to access Wellness at Work.
- 4 Click 'Register' to sign in, set up your profile and complete your PHA.

If you are already registered, go to www.phs.org and login to myPRES to complete your PHA. Enter your user ID and password, and then click 'Sign In.' You can then access the Wellness at Work portal and complete your PHA.

Program Highlights

- Rewards must be redeemed when the annual plan year ends. Points cannot be carried over to the following year. Points must be redeemed prior to the end of the calendar year. The Rewards Tracker will no longer be available after the plan year rewards campaign ends on December 31st of each year.
- Rewards may be in the form of an Amazon.com gift card and could take up to six weeks to receive from the end of a quarter.

*This is a brief summary of the rewards program. Please log in to see complete program details.