Earn Rewards for Wellness

As a Presbyterian Health Plan member, you can earn wellness rewards simply by exercising and maintaining a healthy lifestyle. Earn rewards by tracking your daily activity, getting a flu shot, completing your Personal Health Assessment (PHA) or by watching our wellness workshop videos. Members over the age of 18 can earn up to $400 per year!

How to Earn Rewards

We reward you for exercising

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. Most devices will record ‘steps’ when riding a bike and many are even water proof to include swimming as an activity. You will receive one point for every day you meet your goal of 10,000 steps.

Get Your Flu Shot

Earn 20 points for getting your annual flu shot and by self-reporting in Wellness at Work. The date and location will be required.

Complete Your Personal Health Assessment (PHA)

You will earn 25 points for completing 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.

- 20 points for a two- to four-week program
- 40 points for a four- to six-week program
- 60 points for a 12-week program

Program Highlights

- Points for flu shot and completion of the PHA are awarded once annually.
- 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.

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 log in 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.

*You must be at least 18 years of age to access the Wellness at Work portal.