

Steps for logging into Wellness at Work

Log into your Mypres at phs.org



2.



### SIGN IN

User ID:  Password:  [SIGN IN](#)

[Forgot your user ID?](#) [Forgot your password?](#)

**Attention Providers:** Use your myPRES Provider user ID and password to access provider services, for example, claims, eligibility, and prior authorization. Do not use a myPRES Member login. If you do not have a myPRES Provider login, [register now](#).

[Learn about myPRES security and privacy](#)

**Why Register?**

Access to your health information, find a doctor, schedule a video visit, and more!

[REGISTER NOW](#)

**Pay My Bill**

Pay a doctor, hospital, ambulance or monthly health plan premium bill online, by phone or mail.

[VIEW OPTIONS](#)

**Need Help?**

If you have questions about myPRES or need assistance resetting your password, call Customer Service at 505-923-2890 or 866-881-7444.



3.



Select to check your smart watch is logging correctly



Complete PHA for \$25 Amazon gift card, takes 15 mins.

Click for information to connect your watch