

## Helping You Bring Your Healthiest Self to Work

We all want to be the healthiest we can be. Research shows that healthy, engaged employees are more productive, have higher morale, are more committed, and perform their jobs better. Not only do these factors have a positive impact on the bottom line, they also benefit employees on a personal level by carrying over into life outside the office.

The State of New Mexico's new *Stay Well* online portal is designed to help you create a personalized health improvement plan. Get started today by accessing the powerful online Personal Health Assessment (PHA) tool that identifies personal health risks, provides personalized recommendations for improving those risks, and offers easy-to-use tools for making healthy lifestyle changes. Simply answer a few questions and receive a confidential, personalized report instantly.



## *Stay Well* Wellness Program Online Portal Access Instructions

- Using your Internet browser\*, go to [www.mybenefitsnm.com](http://www.mybenefitsnm.com) home page:
- On the gold header bar at the top right of the page, click on “Stay Well Wellness Program” At the bottom of the page, please click on “[Click Here to Visit the Stay Well Wellness Portal](#)”. You will be directed to the *Stay Well* Wellness Program Sign-In page.

- **If you have already registered with *Stay Well***, simply enter your User ID and Password, then click “Sign In.”

You will be directed to the State of New Mexico *Stay Well* Wellness Program dashboard. From there, you can take your Personal Health Assessment (PHA), participate in wellness programs offered by your employer, and find general health and wellness information.

- **If you are a Presbyterian Health Plan member and have not yet registered** for the online wellness portal, click “Register” in the “Presbyterian Health Plan Members” box.

You will be directed to the myPRES Patient and Member Registration page, where you will create a myPRES account. Please have your Presbyterian Health Plan Member ID handy.

- Enter your name, date of birth and email address.
- Create your User ID and password. You’ll use this ID and password each time you sign in.
  - Your password must be at least 8 characters long and contain at least three of the four elements: uppercase character, lowercase character, number, special character (example: newpas\$x1).
- Choose a Security Question from the drop-down box and provide the answer.
- Enter your 11-digit Presbyterian Health Plan Member ID.
- Click the green “Register” button at the bottom of the page.

- **If you are a Blue Cross Blue Shield Health Plan member and have not yet **registered**** for the online wellness portal, click “Register” in the “Blue Cross Blue Shield Health Plan Members” box.

You will be directed to the *Stay Well* Registration page, where you will create an online account. Please have your Blue Cross Blue Shield Member Number handy.

- Enter your name, date of birth and gender (optional).
- Enter your 12-digit Blue Cross Blue Shield Member Number.
  - **If you are an employee/subscriber**, add 00 to the end of your Blue Cross Blue Shield Member Number.
  - **If you are a spouse or domestic partner**, add 01 to the end of your Blue Cross Blue Shield Member Number if you are a spouse or domestic partner.
- Click the red “Next” button at the bottom of the page.
- Select your primary work location from the drop-down box.
- Enter your home address, phone number and email address. These are required fields.
- Create your User ID and password. You’ll use this ID and password each time you sign in.
  - Your password must be at least 8 characters long and contain at least three of the four elements: uppercase character, lowercase character, number, special character (example: newpas\$x1).
- Choose a Security Question from the drop-down box and provide the answer.
- Click the green “Register” button at the bottom of the page.

You will be taken to the Registration Confirmation page.

#### **Need help?**

Call: 505-923-6030

Toll-free: 1-855-460-7737

Email: [wellnessatwork@phs.org](mailto:wellnessatwork@phs.org)

Monday through Friday, 6:00 a.m. - 6:00 p.m.

*\*For best results, please use the latest version of the following browsers to access Wellness at Work: Firefox, Google Chrome, Internet Explorer 10 and 11, MS Edge (Windows 10) or Safari.*