

NMPSIA Wellness REWARDS

Complete activities and earn points on the Wellness at Work portal and redeem them for gift cards.

EARNING REWARDS IS EASY:

- Points are easy with lots of earning opportunities
- Take wellness with you everywhere with a NEW mobile app
- Rewards are earned by completing simple tasks
- Plenty of gift cards to choose from, or use your rewards at the online store

Earn rewards by completing these activities

	ACTIVITY	REWARD	HOW TO EARN
	Complete a Health Check	\$30	Answer the lifestyle related questions on the Health Check and receive your personal risk score
	Complete the Primary Care Provider (PCP) Survey	\$20	Visit Wellness at Work and complete the survey. Pulse Cash rewards are awarded automatically upon completion of the survey.
Complete these activities to earn points	Track steps, activity, sleep and more	Earn points to reach Level 1 for \$25 -----	Wellness at Work provides multiple ways to earn points and in turn, earn rewards. Do these activities on the platform or on the mobile app. Earn enough points for Level 1 and earn \$25. Continue earning points to be eligible for additional prizes throughout the year.
	Stay up-to-date on preventive care		
	Track daily Healthy Habits		
	Join or create a personal challenge		
	Complete a Wellness Journey	Continue earning to be eligible for additional prizes	
	Watch Wellness Videos		
	Participate in Virtual Cooking Shows		
	Watch a Wellness Webinar		
	Select topics of interest quarterly		

The NMPSIA rewards program runs on a Fiscal Year basis. Rewards must be redeemed before June 30th of each year.

To access Wellness at Work, go to www.phs.org and log in to your **myPRES** account. Click on the **Health & Wellness** tab at the top, then click on **Access Your Health Assessment**. If you need help accessing, please contact the help desk at 505-923-6030, or email wellnessatwork@phs.org.

Available to NMPSIA Presbyterian Health Plan members, and spouses/domestic partners.



If it is unreasonably difficult due to a medical condition for you to achieve the standards for the reward under this program, or if it is medically inadvisable for you to attempt to achieve the standards for reward under this program, email us at wellnessatwork@phs.org and we will work with you to develop another way to qualify for the reward.