

## Step 1

Go to <http://corporatewellness.mymosaiclifecare.org> **Log in with your user name and password.** *If you forgot your username call Mosaic at 816-271-7094 for further assistance*



**MOSAIC**  
LIFE·CARE

**Live Life Well.**

**Current User Login:**

Username

Password

[Forgot Password?](#)

**First Time Users: Register Here!**

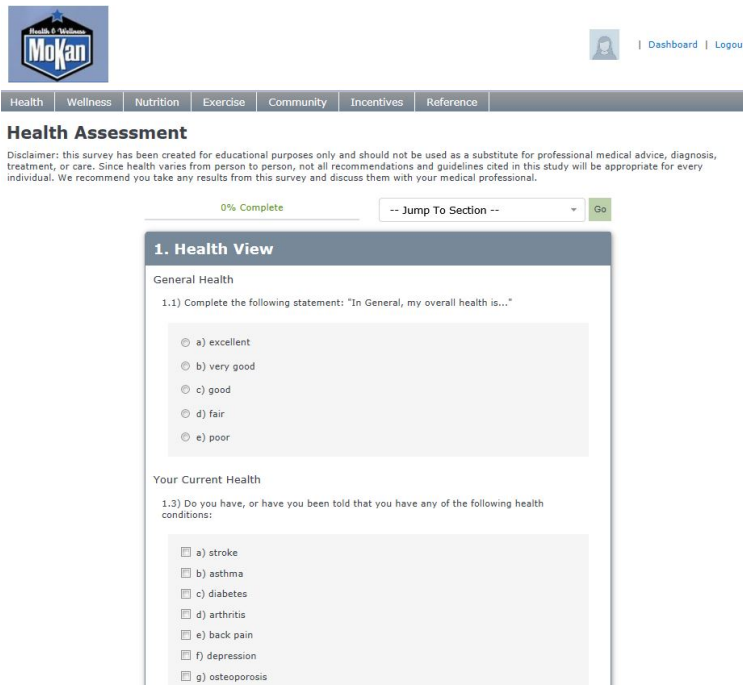
The information you provide on this site will be kept strictly confidential. Your personal information will not be shared with Cerner.

[Click here to sign up >>](#)

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## Step 2

The next page will take you to your Personal Health Assessment, a series of questions about your health and wellness. **Please complete all 10 pages.**



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### Health Assessment

Disclaimer: this survey has been created for educational purposes only and should not be used as a substitute for professional medical advice, diagnosis, treatment, or care. Since health varies from person to person, not all recommendations and guidelines cited in this study will be appropriate for every individual. We recommend you take any results from this survey and discuss them with your medical professional.

0% Complete -- Jump To Section -- Go

#### 1. Health View

**General Health**

1.1) Complete the following statement: "In General, my overall health is..."

a) excellent  
 b) very good  
 c) good  
 d) Fair  
 e) poor

**Your Current Health**

1.3) Do you have, or have you been told that you have any of the following health conditions:

a) stroke  
 b) asthma  
 c) diabetes  
 d) arthritis  
 e) back pain  
 f) depression  
 g) osteoporosis

**Step 3** After finishing the Health Assessment questions, you will see your previous years biometric data. Select "next" at the bottom.

Blood Glucose

Test Type: Random

Blood Glucose: 78 (mg/dL)

Source: health coach

Cholesterol

Total Cholesterol: 220 (mg/dL)

HDL: 100 (mg/dL)

LDL: (mg/dL)

Triglycerides: 129 (mg/dL)

Source: health coach

Previous Save and Exit Next

**Step 4** Head back to the dashboard after you see your certificate of completion.

Health & Wellness MoKan

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Health Assessment  
Certificate of Completion

Thank you for completing your Health Assessment. The information you provided helps us to identify your individual health risk factors and to create a wellness plan for you. This page may be printed as documentation that your Health Assessment was completed.

Name  
MacKenzie D McKnight

Completed  
October 29, 2015

Print Certificate Identify Primary Risks

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**Step 5** Schedule your appointment. Click here then select the day & location on the calendar. Register for a time slot.

Click here to complete your  
HRA and schedule your  
Wellness Health Screening.

**If you have any questions or need assistance please call us at 271-7094.**