

Frequently Asked Questions

What if I need to reschedule my appointment?

If you register for your screening and find out you need to reschedule, you will need to log in and cancel your appointment. After your appointment is cancelled you will be able to reschedule your appointment to work around your schedule. If you require assistance, call Wellness Connections at 816-271-7094.

How long will my screening take?

Please allow 30 - 45 minutes for your screening.

What if I don't schedule a screening?

There will be some walk-in appointments available at each screening. **You will need to call Wellness Connections at (816) 271-7094 at least 2 days prior to the screening to confirm what walk-ins times are available for you to come to. All scheduled appointments will be taken care of first then walk-ins appointments.** This may cause your screening to take more than the 30-45 minutes a typical scheduled screening would take.

What do I need to do before my screening?

Before your Wellness Health Screening, you'll need to go online and fill out your electronic Health Risk Assessment (eHRA) and schedule your appointment for your screening. If you have a spouse they will need to complete an eHRA. This will help complete a portion of your screening beforehand and make the process faster and more convenient for you and your spouse.

So do both employees and spouses need to have a Wellness screening?

If you or your spouse would like to take advantage of the MoKan Health & Wellness Benefit you will need to complete a wellness screening. This benefit not only includes monetary rewards for completing the screening but there are also rewards based off of goals met from previous year's screenings as well as the opportunity to take advantage of the Gym Membership Program.

How does a Wellness screening benefit me?

Wellness Health Screenings provide you with important information. You learn about risk factors such as weight, cholesterol, blood pressure, triglycerides, blood sugar and more. You also learn how you may be at risk when it comes to lifestyle choices such as tobacco usage, alcohol consumption, seat belt usage, exercise routine, eating habits, stress levels and more. A Wellness Health Screening gives you the opportunity to have an engaging, interactive one-on-one consultation with a Wellness Specialist to discuss your risk factors. It gives you time to work with a professional to create a plan of attack to quit smoking or lower your cholesterol, as well as ways to remember to wear your seatbelt or learn how to better manage the stress in your life. This is a fun, informative opportunity to meet with a professional and truly understand what things you need to work on to improve your wellness and quality of life.