

2023 Personal Health Screening & Preventive Care Options

At Mosaic, your health and safety are a top priority. To help you and your family get the care and support you need, we have several opportunities to complete your personal health screening as well as your annual preventive care visit.

Option 1: Physician or Convenience Care Clinic

If you are completing your annual preventive visit and personal health screening at your doctor's office, or convenience care clinic, your provider should complete the Virgin Pulse Personal Health Screening form. You can print a copy of the form from your Virgin Pulse Account. Please note it will automatically populate with your member number.

- Login to Virgin Pulse at <https://app.member.virginpulse.com/welcome.html>
- Click on "Benefits" in the top navigation bar
- Select "View All" and scroll down the list to the Physician Screening Form.
- Under Physician Screening Form select the "Start Now" button
- Completed forms should be submitted directly to Virgin Pulse via fax (508-302-0055) or you may upload it to your Virgin Pulse Account. To upload, sign into your account, click on the green "Support" button on the right side of the screen and select "Send a Form" from the top navigation bar.
- Screenings must be completed and processed by Virgin Pulse by **December 21, 2023**

Option 2: Quest Diagnostics Lab

To complete your personal health screening at a Quest Diagnostics Lab:

- Visit My.QuestForHealth.com
 1. Enter your login and password or register as a new user and create an account. Enter registration key **MosaicCompany23**
 2. If you are a new user, you will be prompted to add requested information including your unique ID (name as it appears on your Cigna card) and date of birth
 3. Select your appointment time by selecting the location, date and time
 4. Screenings must be completed by **December 21, 2023**. Your screening results will be automatically submitted to Virgin Pulse.
- If you need assistance, contact Quest at 855-623-9355.

Option 3: Quest Diagnostics Home Kit

You may complete your personal health screening from the comfort of your home through the Quest Diagnostics Home Kit. **Kits must be returned by December 21, 2023.** Watch this short [video](#) for more information on the Home Kit testing process.

- Visit My.QuestForHealth.com
 1. Enter your login and password or register as a new user and create an account. Enter registration key **MosaicCompany23**. If you are a new user, you will be prompted to add requested information including your unique ID (name as it appears on your Cigna card) and date of birth
 2. In the wellness screening section, under self-collection, select the green "Order Materials" button



3. Confirm shipping address for the self-collection materials and click “Next”.
 4. Additional Screening(s) – If interested, click on DBS HgbA1c, and then “Confirm”. This is an optional test for non-diabetics to determine your A1c (blood test for type 2 diabetes and prediabetes). Note, this additional screening is not eligible for a wellness incentive.
 5. Once your materials have been ordered, you will arrive at the confirmation screen. The kit should arrive in about 10 days.
 6. Ensure your completed test kit is returned to Quest Diagnostics no later than **December 21, 2023**. Note, your screening results will be automatically submitted to Virgin Pulse.
- If you need assistance, contact Quest at 855-623-9355.

As with all in-network preventive care, this Quest home kit is covered at **no cost** to you as part of your preventive care benefits through your health plan.

MDLive Virtual Preventive Care Visit

Complete your personal health screening in addition to an annual preventive care visit with MDLive:

- Login to myCigna.com
- Click the “Talk to a doctor” callout on the left hand side of the page
- Click on the “continue” button under Medical or Counseling services
- Click on Schedule a visit” under Primary Care
- Select the individual who the appointment is for
- Select “schedule a visit” under Primary Care
- Click on the “select” button to the right of “Wellness Screening”
- Follow the prompts to complete the MDLive online health assessment, select a lab, and schedule a virtual doctor visit
- Schedule and complete an appointment with the lab. You’ll receive an email notification when the results are available in the MDLive customer portal
- Attend the scheduled virtual visit from anywhere via phone or video (typically at least 3 days after the lab appointment)
- Screenings must be completed and processed by Virgin Pulse by **December 21, 2023**. Your screening results will be automatically submitted to Virgin Pulse once completed.
- If you need assistance, contact Cigna at 1-800-244-6224.

As with all preventive care, virtual MDLive annual preventive care visits and the associated in-network labs are covered at **no cost** to you as part of your preventive care benefits through your health plan.

What you can expect next

Completed activities will post on the Virgin Pulse site within 24 hours of Virgin Pulse receiving the information. Payroll credits earned by the employee and/or their spouse/domestic partner generally will be deposited into the employee’s paycheck within 4-6 weeks of completing the activity. The payment will be noted under the “Wellness Incentive Credit” pay code of your paycheck.

Questions? Contact HR Connect at 1-855-660-6947

Employees and spouses/domestic partners, enrolled in a Mosaic health plan, **each have an opportunity to earn a \$500 wellness incentive in 2023**. To qualify, individuals must register for Virgin Pulse prior to completing activities. Register today at join.virginpulse.com/mosaicwellness or download the Virgin Pulse app for iOS or Android. Enter “**The Mosaic Company**” and follow the prompts to create your account and review full program details.



Notice to Employees About Wellness Plan

This is only intended to provide an overview of The Mosaic Company wellness program offered to U.S. eligible employees. Complete details about the program will be included in the summary plan descriptions and plan documents. Mosaic reserves the right to change or end the program at any time. Mosaic's wellness program, part of the Mosaic Comprehensive Welfare Benefit Plan, is completely voluntary and available to all employees. If you think you might be unable to meet a standard for an incentive under this wellness program, you might qualify for an opportunity to earn the same incentive by different means.

We are required to maintain the privacy and security of your personally identifiable health information. Information from your voluntary health risk assessment and results from your biometric screening will be used to provide you with information to help you understand your current health and potential risks, and may also be used to offer you services through the Wellness Program. Although we may use aggregate information collected to design a program based on identified health risks in the workplace, the Wellness Program will never disclose any of your personal information either publicly or to Mosaic, except as necessary to respond to a request from you for a reasonable accommodation needed to participate in the wellness program, or as expressly permitted by law.

Medical information that personally identifies you that is provided in connection with the Wellness Program will be protected as required by law and will not be provided to your supervisors or managers and may never be used to make decisions regarding your employment. You will not be asked or required to waive the confidentiality of your health information as a condition of participating in the Wellness Program or receiving an incentive. Anyone who receives your information for purposes of providing you services as part of the Wellness Program will abide by the same confidentiality requirements.

You may not be discriminated against in employment because of the medical information you provide as part of participating in the Wellness Program, nor may you be subjected to retaliation if you choose not to participate. If you have questions or concerns regarding this notice, or about protections against discrimination and retaliation, please contact Virgin Pulse at 888-671-9395 or Mosaic HR Connect at 855-660-6947.