

Schedule your COS Health Risk Assessment online today!

- 1) Go to our website at www.wellnesspartner.org . Click on the **Events** link.



- 2) Scroll the calendar and arrow to your desired screening (must contain the title "COS HRA at Location"). Click on the screening you'd like to schedule.

« June 2016 »

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Wellness on Tour	1	2 Wellness on Tour	3	4	
6 Wellness on Tour	7	8 Wellness on Tour	9 Wellness on Tour	10	11	
13 Wellness on Tour	14 Wellness on Tour	15	16	17	18	
20 Wellness on Tour	21 Wellness on Tour	22 Wellness on Tour	23 Wellness on Tour	24	25	
26 Health Risk Assessment for SPS - Mercy Building 3265 S. National						

- 3) Review the screening instructions/appt times. Click on the time you'd like.

COS HRA Template

Monday, April 3, 2017

- Please do not eat or drink **anything**, except water **ONLY**, for 8 hours before your scheduled appointment. (You must fast this length of time for the blood test to be accurate. To ensure the most accurate results, no black coffee either.) Please **drink plenty of water** as it will help in locating a vein for the lab draw.
- Wear loose clothing around arms** to facilitate evaluation procedures.
- Please **take any prescribed medications** ordered by your physician with **water only**. If you are a diabetic and are **taking medications**, schedule your assessment early and refrain from taking your medication until your blood work has been drawn.
- Please **print, read, complete and bring** the HRA packet you receive on the confirmation once you make this appointment.
- If your **legal name has changed recently** please bring a copy of your driver's license, which is required to update your medical record.

*Note - the HRA is provided at no cost to COS employees and spouses

Appointment Time

- 7:00 a.m.
- 7:15 a.m.
- 7:30 a.m.
- 7:45 a.m.
- 8:00 a.m.
- 8:15 a.m.
- 8:30 a.m.

- 4) Scroll down the page and complete the fields with your information.

Click the verification box. Click on **Register** at the bottom to set the appointment.

- 5) Receive a confirmation e-mail with appointment details and the HRA packet. Please print/complete packet and bring to your **appointment**. (Please retain confirmation for your reference. Follow link/instructions within confirmation if you need to cancel or reschedule your appointment).

Call Audrey Cova at 417-864-1685 or e-mail acova@springfieldmo.gov with any questions or issues.