

HealthyNow App Instructions

Step 1:

Download the free HealthyNow app through the [Apple Store](#) or [Google Play](#).



Step 2:

Log into your Mosaic Wellness Portal by going to <https://corporatewellness.mymosaiclifecare.org>

Step 3:

On the right side of the screen click the HealthyNow Smartphone App widget.



Step 4:

Update the information by typing in your phone number and set a 4-digit pin. The pin will be needed when you log in. Then press save.

Login Information * Required

Let's get started by collecting your Cell Phone Number and PIN for authentication purposes when you access the app.

* Phone #

* Set PIN

* Confirm PIN

Reminders Yes No i

Please Note: Reminders will be sent via text message, data rates will apply.

Step 5:

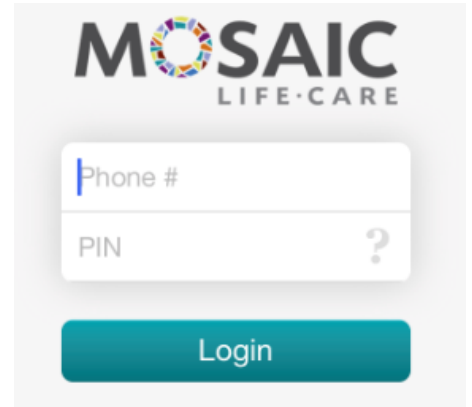
Open up the HealthyNow app on your phone. Type in the portal code

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Step 6:

Type in the phone number and 4-digit pin that you set up in the Mosaic Wellness Portal.



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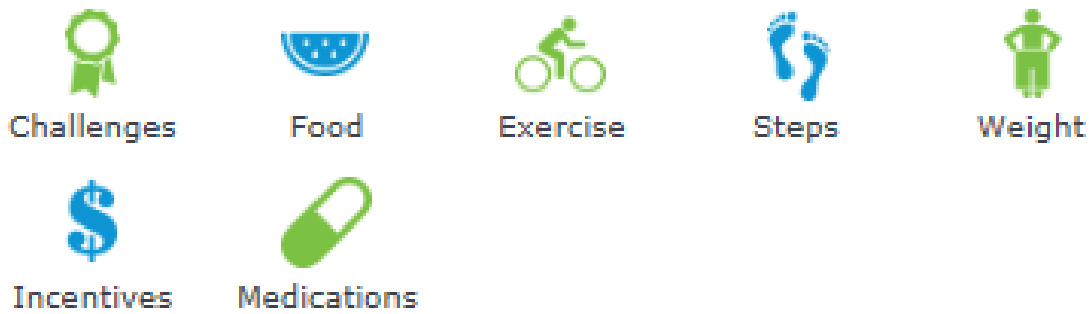
Phone #

PIN ?

Login

Step 7:

Log your current weight by clicking the weight app or update exercise.



If you have question, contact a Mosaic Wellness Representative at 816.271.7094