Meet Your MyHealthyLife™ WellConnectors

The MyHealthyLife™ WellConnectors are leaders at Mission Health who strive to connect our caregivers and our community through wellness.

Stay Well. Stay Connected.

Program Highlights

Assess Your Health
Monitor your health through many different interactive health logs.

Stay Well
Monitor your progress and participate in optional workshops.

Get Active
• Steps Log. Track steps from your Pebble® by day, month, distance and calories.
• Cardio Log. Track all other cardio activities completed.

Eat Well
Create a food log, plan out meals and find new recipes.

Stay Connected
Join challenges and register to participate in wellness events.

Earn Rewards
Monitor your points progress throughout each quarter.

Learn More
Explore the variety of health resources on the site.

MyHealthyLife™ WellConnect

Getting Started Is Easy!

Log on. Go to wellconnect.my-healthy-life.org and create your Cerner Health account username and password.

Purchase a FitLinxx Pebble®. This device not only counts steps, it records cardio exercise like cycling and elliptical. You can find locations to purchase the Pebble® on wellconnect.my-healthy-life.org.

Log activity/join challenges. Log back into the site and register your Pebble® to start earning points for your physical activity.

Now you can watch your points accumulate and earn incentives! Earn 150 points in a quarter and get a reward of $100!
MyHealthyLife™ WellConnectors

About Us

MyHealthyLife™ WellConnect combines numerous innovative programs, resources and technologies into a single engaging employee wellness experience. Our WellConnectors work to inspire and energize the Mission Health community along our journey to wellness, and help to encourage all caregivers to experience the wellness difference through the MyHealthyLife™ WellConnect program.

WellConnectors are available to their peers for support and motivation in their wellness journey, and provide feedback to the wellness team on new ideas and approaches to help us all be successful along the way.

New WellConnectors are being added every day – watch for updates of new WellConnectors who will be available in your area.

Pamela Mehaffey
Health Unit Coordinator
Renal Medicine

Alex Plum
Coordinator
ASC Materials

Christopher Dafler, NA | Multi-Skilled
Emergency Care Center

Jared Coffey, LCSW
Mental Health Provider
Olson Huff Center Practice

Jen Mahoney
Executive Assistant to CEO

Jessica Lemoine
Pharmacist - Resident
Pharmacy

Katrena Pace
Patient Access Representative
Central Billing Office

Kimberly Mitchell
Program Manager
Occupational Medicine Services

Kimberly Watkins
Health Coach
Community Education, Angel Medical Center

P. J. Mears
Consultant, CLPD
HR

Ross Trantham
Maintenance Technician
Engineering

Teresa Arrington, RN, BSN
Endoscopy

Wes Hall
Distribution Technician
Food & Nutrition

Lee Davis
Coordinator - Lab ISO
Lab Administration

Teri Redmond
Manager, Heart Path
Cardiac Rehabilitation, Transylvania Regional Hospital

NOT PICTURED

Tammy Shell
Analyst, System Asset Management | Finance

Calvin Gardner
Director, Sleep Center | Sleep Lab