



**Your health  
condition doesn't  
define you.**



## **We'll treat you as a person, not a diagnosis.**

Health conditions like high blood pressure, asthma or diabetes are not the narrator of your story. At The Wellness Center, we believe your quality of life is just as important to us as your health, so we look beyond your symptoms and medications and focus on areas such as nutrition, exercise, sleep and stress management.

We'll take the time to understand your health history, challenges and strengths. We factor in your individual needs and help you incorporate healthier habits into your daily life in ways that feel achievable for you. Write a new chapter about better health with us, and we'll be your partner in helping you get, stay, and be well.



**Talk with your provider today.**

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

### **Who can use these services?**

The Wellness Center is available to all employees, regardless of medical plan.

The Wellness Center  
Operated by Premise Health.