



SonicBoomWellness™ | Premise Health.



Same incentives. Different look.

On June 1, 2025, the Kenton County incentive program will begin! Log in to your My Premise Health portal and click the Sonic Boom Wellness rocket ship icon to see an updated rewards page.

Employees and Spouses will need to complete the Biometric Screening, Provider Wellness review, and Annual Physical Exam by December 12, 2025 at one of the 3 Northern Kentucky Health Center locations to receive the 2026 medical premium discount!

Florence Health & Wellness Center
8100 Ewing Blvd
Florence, KY 41042

CTK Health & Wellness Center
1840 Simon Kenton Way
Covington, KY 41011

Madison Pike Health & Wellness Center
1045 Eaton Drive
Ft. Wright, Ky 41017



Schedule your appointment to get started.

My Premise Health app | mypremisehealth.com

Once logged in, click "Schedule an appointment" and select "Biometric Screening." (877) 685-5883