

Reach your weight goals with the support that suits your needs.



When you have a goal to lose weight, you have a team who's there for you.

With Beyond Weight, you'll get support from providers who approach your unique needs with compassion, understanding and personalized guidance. Here's what you need to know as you get started:

- Schedule a visit with your provider by calling your center or signing on to your My Premise Health account.

*If you are participating in Virtual Beyond Weight, call your dedicated wellness center number to schedule an appointment.

- Meet with your provider for an overall assessment.
- Once you've met with your provider, you can schedule follow-up visits with a dietitian, wellness coach or other member of your care team.



Schedule an appointment with your provider to get started.

My Premise Health app | mypremisehealth.com

Sterling Heights Health and Wellness Center
Sterling Heights City Hall Lower Level
40555 Utica Rd
Sterling Heights, MI 48313

(586) 354-9236

Monday 11:00am - 7:00pm
Wednesday 7:00am - 4:00pm
Thursday 7:30am - 4:30pm
Friday 7:00am - 3:00pm

Who can use these services?

Employees and dependents ages 2 and older enrolled in the City's health insurance plan. Retirees under the age of 65 enrolled in the City's health insurance plan may qualify.

