

# Healthcare from the comfort of home.

Get the same quality care you receive at your wellness center, virtually. When you can't make it to an in-person appointment, you can talk to your trusted provider by video or phone during our regular business hours.

## Here are a few reasons to schedule a virtual visit:\*

- Follow-up appointment or to review test results
- Cough, fever or sore throat
- Nausea, vomiting or diarrhea
- Cold, flu, COVID-19 or allergy symptoms
- Stomachache, headache or earache

\*Depending on your care needs, your provider may request that you schedule an in-person visit in place of a virtual visit.



## Follow these steps:

1

From your portal dashboard, select **“Schedule an appointment.”**

2

For a virtual visit, you'll want to select **“phone”** or **“video”** as the way you'd like to be seen.

3

Select a provider and an available time that works for you.

4

Note any symptoms, concerns or questions for your provider. You may also need to verify your personal information.

## Your appointment is confirmed!

Don't forget to sign in to your My Premise Health account and complete your eCheck-in 10 minutes before your appointment. Your provider will join the video visit or call you at the scheduled time.



Don't have an account yet?

Visit [mypremisehealth.com](https://mypremisehealth.com) or download the **My Premise Health App** to get started.



## Need help?

Contact your wellness center at **(877) 685-5884** for assistance.