

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.



Don't have an account yet?

Visit mypremisehealth.com or download the **My Premise Health App** to get started.



Need help?

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



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.



City of Sterling Heights
Wellness Center



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