



Your health in the palm of your hand



Life is busy, and managing your healthcare shouldn't be another thing you have to worry about.

That's why your wellness center offers My Premise Health, a website and app where you can access all your medical needs in one place. Whether you're at home or on the go, you can schedule appointments, directly message your provider, manage your medications and more.



Sign up today.

Sign in or click "Sign up now" to create your account.
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.

