



Your care team captain.



We all need care when we're sick, but consistent support for your health is key to prevention and long-term wellness.

Having a dedicated primary care provider (PCP) ensures that one person is overseeing your care. They can recommend preventive screenings, provide routine care, help you make healthier lifestyle choices, and refer to you specialists as needed.



Meet with a provider today.
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.

