



Handle your health anytime, anywhere.

At home or on the go, your secure member portal provides access to a hassle-free healthcare experience.



Get started.

My Premise Health app | mypremisehealth.com

Whether you need to:



Schedule an appointment for a new health concern



Get virtual care for cold or flu symptoms



Check your results from recent bloodwork



Message your provider that question you forgot to ask



Request a refill for medication that's running low



View your vaccine records before your big trip



My Premise Health makes it easy to do all this and more.

City of Sanford Employee Health Center
1403 Medical Plaza Drive, Suite 205
Sanford, FL 32771
Monday 8 a.m. - 5 p.m.
Wednesday 8 a.m. - 5 p.m.
Thursday 8 a.m. - 7 p.m.
(407) 513-4150

Who can use these services?

Services are available to all employees, spouses, retirees and dependents over the age of 8 that are on the City of Sanford medical plan.



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