



## Virtual care with the providers you trust

Life is busy, and your healthcare appointments shouldn't be another thing you have to worry about. That's why your wellness center offers easy phone and video visits through your member portal, My Premise Health.

During your wellness center's regular business hours, you can see your dedicated care team for many of the services available to you in person. Whether you're at home or don't feel well enough to stop by your center, you still have an option to get the care you need.

### Here's how to get started:

- 1** Download the My Premise Health app and log into your account
- 2** Select "Schedule an Appointment"
- 3** Choose a "phone" or "video" appointment type
- 4** Follow the scheduling prompts and complete the eCheck-in
- 5** Begin your video visit within the app at your scheduled appointment time, or wait for your provider to call if you requested a phone visit



**Schedule here.**

My Premise Health app

[mypremisehealth.com](https://mypremisehealth.com)

### Who can use these services?

The Health Center is available to all employees and their eligible dependents ages 2 and up on the Select Health medical plan.