

Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

> For support, call your wellness center, email mypremisehealthsupport@ premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.

In the dashboard, select "Schedule an Appointment."





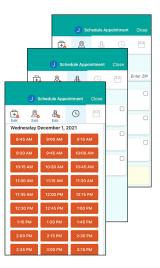
Select your desired appointment type from the available options.



Choose your location.

Choose a provider.

Select a preferred date and time for your visit.





Confirm appointment details. In the specified box, please provide any information you'd like your provider to know, such as questions or symptoms you may have. If this is your first time scheduling through the portal, you may be prompted to verify personal information before confirming appointment details.

- Before you schedule your appointment, you can choose to join the wait list. Click the small box next to "Join the wait list." If an earlier time is available, the wellness center will call with regard to availability.
- Select the orange "Schedule it" button to finish scheduling your appointment.





## Get started today.

Log in or sign up for your account on the My Premise Health app or mypremisehealth.com.





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