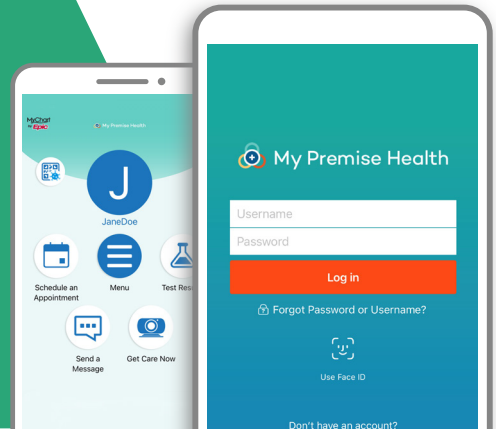


Wellness Coaching at Premise Health

Certified • Knowledgeable
Non-judgmental • Supportive



At Premise Health, our certified wellness coaches guide work alongside patients to create a path that leads to better health. Our coaching model is designed to focus on strengths and support each person's unique wellness journey.



"I want to share about my wellness coach from Premise Health who has helped me so much this past year..."

Connect with a wellness coach to:

- Improve nutrition
- Manage stress
- Address sleep issues
- Increase physical activity
- Manage health concerns
- Explore time management
- Quit tobacco



"...I signed up for the Healthy Eating program last year and through her guidance, I have not only made a lifestyle food change, but I also experienced a significant weight loss when I added exercise with my plan..."

Premise Health's research based coaching methods:

- Are proven to help improve health outcomes.
- Are delivered by healthcare professionals with nationally recognized coaching certifications.



"...My bloodwork improved dramatically from last year. Her patience and encouragement are immeasurable, and I cannot thank her enough for her help."
- Premise Health Patient, FL

Take the next step, and get started on your wellness journey with a certified wellness coach today!
Appointments are available Monday - Friday.

Schedule anywhere.

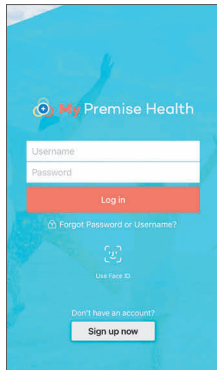
Online at mypremisehealth.com or use the My Premise Health app.



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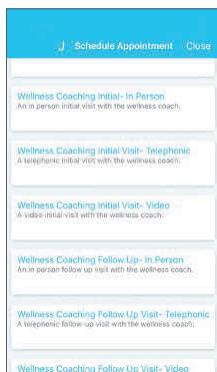
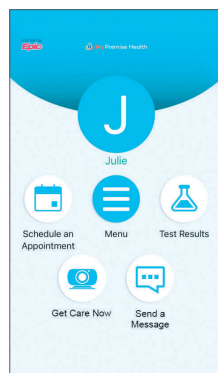
How To Schedule a Wellness Coaching Appointment



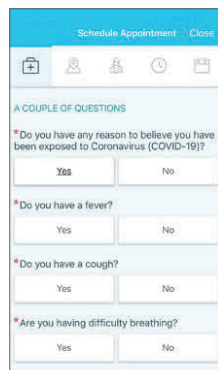
1 Log in to the My Premise Health mobile app with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, email MyPremiseHealthSupport@PremiseHealth.com or call your local center at 513-896-2398.

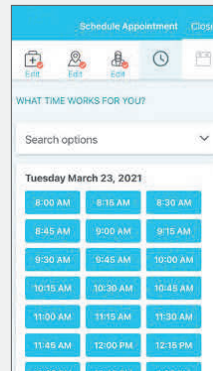
2 In the dashboard, click "Schedule an Appointment."



3 Select the "Wellness Coaching" visit type from the list of available appointment options.



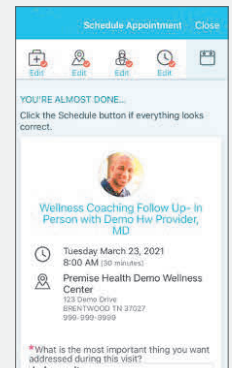
4 Answer the COVID-19 Vaccine questions and click "Continue."



5 Select a time.

6 Fill in additional details or questions for the wellness coach in the specified box.

Once you have reviewed all the details of your appointment, click "Schedule."



7 Complete the eCheck-in process prior to your appointment.

