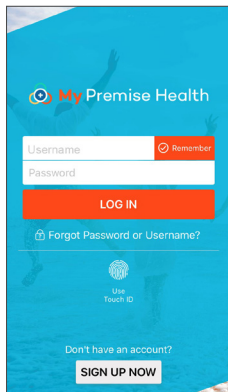# Premise Health Virtual Visits
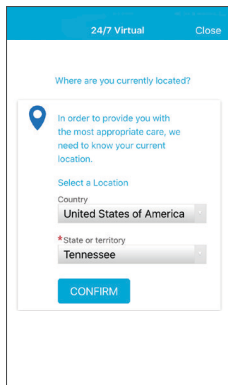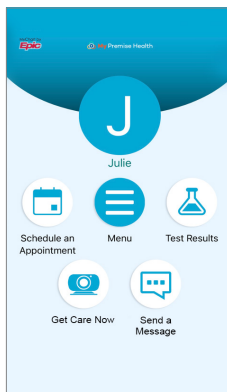## How to schedule a visit:

1 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.
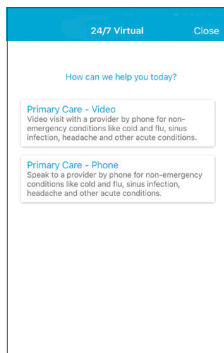
For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.
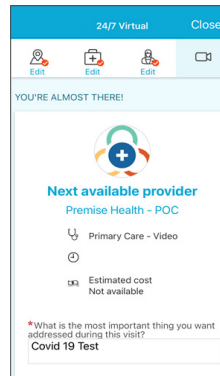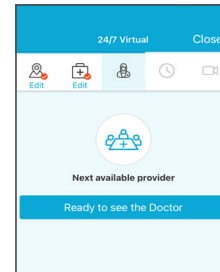
2 In the dashboard, select "Get Care Now."

3 Choose your country, state and click "Confirm."

4 Choose "Primary Care - Video" if you'd like to chat with a provider via video, or "Primary Care - Phone" if you'd like to use your phone.
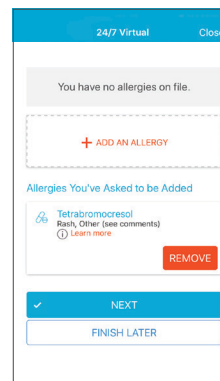
5 Select "Ready to see the Doctor."

6 Next, enter what you would like to address during your appointment, and select "Schedule."

7 Follow the on-screen eCheck-In prompts to enter any existing health conditions, medications, medical history and insurance information.

8 Once complete, click "Begin Visit." You will be connected with the next available provider.

Helena Montana Health Center
(406) 502-1356 | mypremisehealth.com

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