My Premise Health

Virtual care, when and where you need it.

With 24/7 virtual visits, you can skip the tedious drive and waiting room and talk with a primary care provider via phone or video. You have the freedom to receive high-quality healthcare from anywhere in the United States, exactly when you need it. See for yourself how easy it is to connect with a provider using **"Get Care Now"** on the **My Premise Health** app.

It's a great option if you're dealing with issues like:*

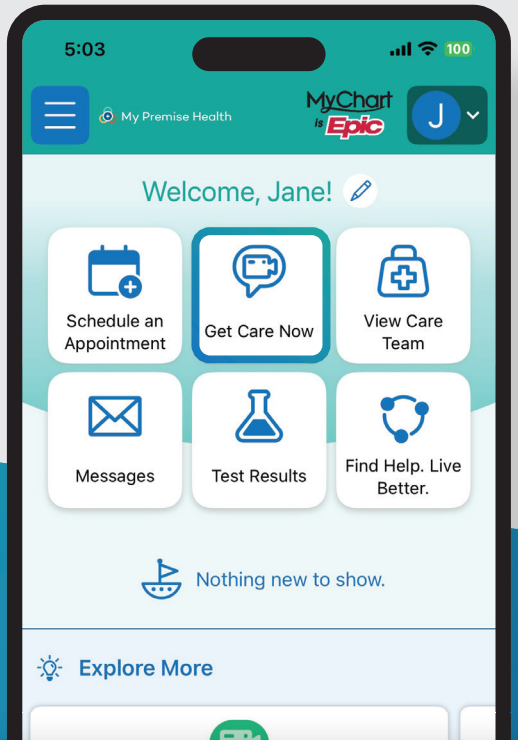
- Cough, fever or sore throat
- Stomachache, headache or earache
- Cold, flu, COVID-19 or allergy symptoms
- Nausea, vomiting or diarrhea
- General skin concerns

Follow these steps:

1. Log in to your My Premise Health account and select **"Get Care Now"** from the dashboard.
2. Follow the on-screen prompts to securely enter your personal information, medical history and current symptoms.
3. When you select your reason for visiting, the option will come up as a video visit. If you prefer to speak with the provider via a phone call, you can convert to a phone visit during the eCheck-In process.

You're ready for your visit!

A member engagement coordinator will call you shortly to verify your registration details and connect you with a provider.



Don't have an account yet?

Visit **mypremisehealth.com** or download the **My Premise Health App** to get started.

Need help?

Contact **(833) 930-4530** for assistance.

Depending on your needs, your provider may advise you to seek in-person care.

MONTANA HEALTH CENTERS | Operated by Premise Health.

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