

# 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



## Don't have an account yet?

Visit [mypremisehealth.com](https://mypremisehealth.com) or download the **My Premise Health App** to get started.



## 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.

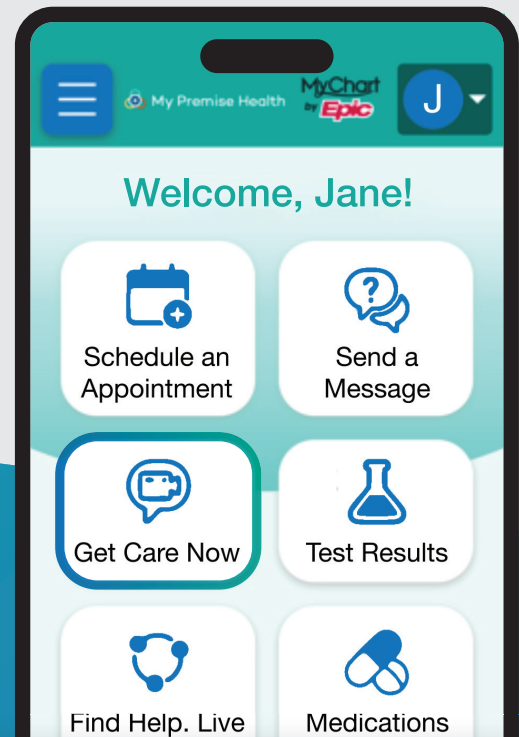
3

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.



## Need help?

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



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