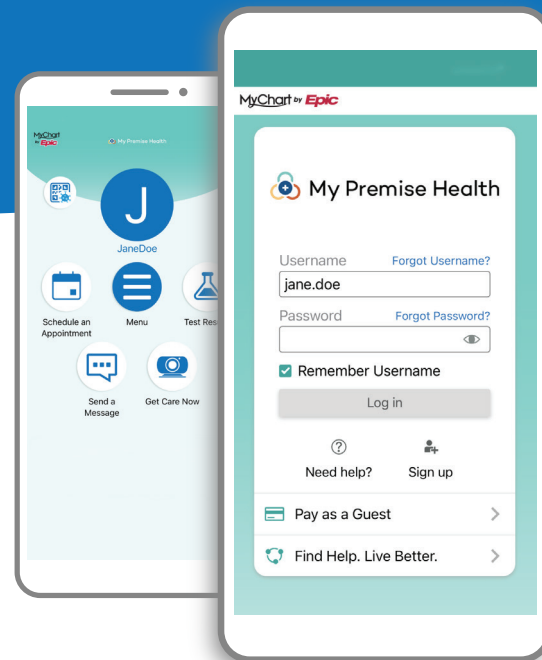# How to access virtual primary care

Follow these steps to schedule your appointment or access On-Demand Care available 24/7/365 using the My Premise Health app or online at mypremisehealth.com.

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

	Schedule an appointment	On-Demand Care (available 24/7/365)
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.	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.
2	In the dashboard, select "Schedule an Appointment."	In the dashboard, select "Get Care Now."
3	Select your desired appointment type from the available options.	Choose your country and state and click "Confirm."
4	If prompted, confirm whether you want to be seen in-person or video.	Select "Ready for your visit."
5	Select which state you will be located in for this visit.	Enter what you would like to address during your appointment and select "Complete".
6	Select the location option Virtual Health (Nationwide).	Follow the on-screen eCheck-In prompts.
7	Select the date, time, and provider.	Once complete, click "Begin Visit." You will be connected with the next available provider
8	Verify personal information.	
9	Enter what you would like to address during your appointment and select "Schedule It".	

Get started today.

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

workday® | **cloud care** Operated by Premise Health

Who can use these services?

Workmates and their benefits eligible dependents ages 2 and up enrolled in a Workday medical plan can access these services.