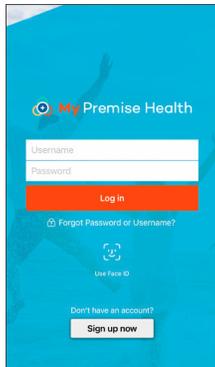


How To Schedule a Wellness Coaching Appointment



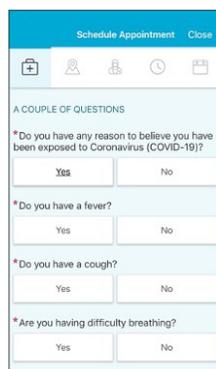
- 1 Log in to the My Premise Health mobile app with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, email MyPremiseHealthSupport@PremiseHealth.com or call your local center

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

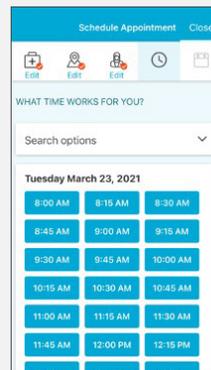


- 3 Select the "Wellness Coaching" visit type from the list of available appointment options.



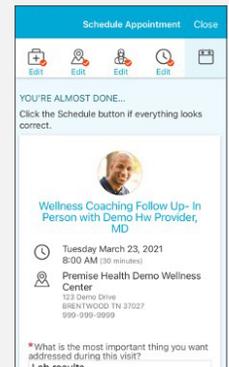
- 4 Answer the COVID-19 Vaccine questions and click "Continue."

- 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.

