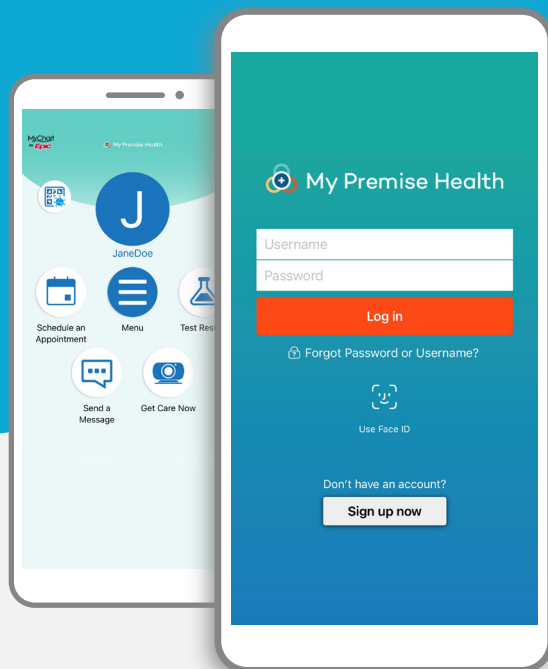


CareHere Connect is now Premise Connect.

Connect with a certified wellness
coach to set achievable health goals.



With Premise Connect, formerly
CareHere Connect, you can participate
in wellness programs assigned to you
by your wellness coach or provider.

Premise Connect is:

- Streamlined
- Easy to understand
- Achievable at your own pace



Get started

Online at mypremisehealth.com
or through the app.

Questions?

Contact support@premisehealth.com. If you're
waiting on a task, please note that some updates
from your provider may take up to two days to
appear in your account.

How to access the program:

- 1 **Log in** to the My Premise Health mobile app or online at mypremisehealth.com with your username and password. If you do not have an account, click "Sign up now."
- 2 Once logged in, click on the **"Incentives & Wellness"** icon.
- 3 **Select "Premise Connect."**
To get started in a program, you will see your active and completed tasks and be able to work on your assignments at your own pace.

If you are interested in additional programs and would like to work with a wellness coach, select "Schedule an appointment" from the My Premise Health home screen and schedule a visit with a wellness coach to get started.