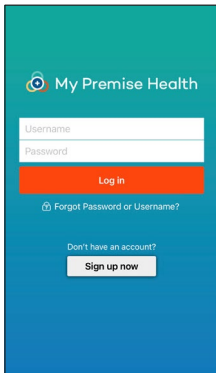


# How to schedule a local virtual visit

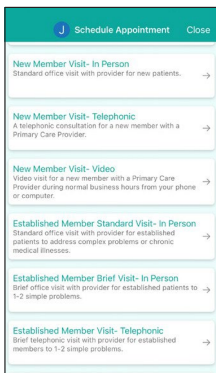
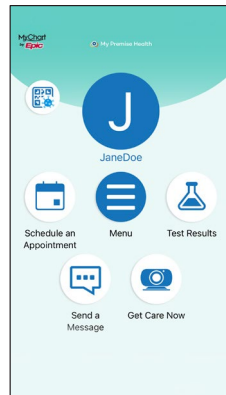
Follow these steps to schedule your local virtual visit using the My Premise Health app or online at [mypremisehealth.com](http://mypremisehealth.com).



**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.

For support, call your wellness center, email [mypremisehealthsupport@premisehealth.com](mailto:mypremisehealthsupport@premisehealth.com) or visit [mypremisehealth.com](http://mypremisehealth.com) and click "Contact Support" for assistance.

**2** Select "Schedule an Appointment."



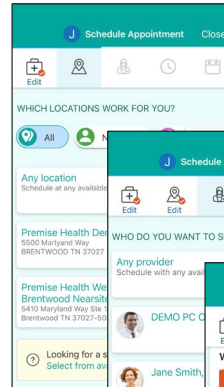
**3** Virtual appointments include the word "Telephonic" or "Video." Select your desired appointment type from the available options.



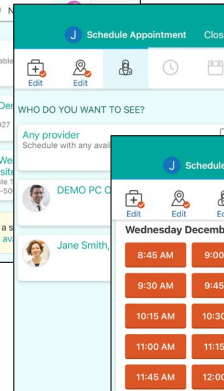
**Get started today.**

Log in or sign up for your account on the My Premise Health app or [mypremisehealth.com](http://mypremisehealth.com).

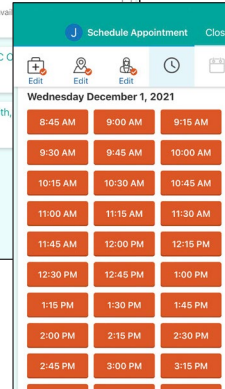
**4** Choose your location.



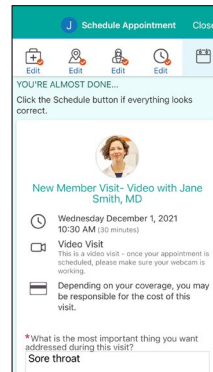
**5** Choose your provider.



**6** Select your preferred date and time for your visit.



**7** Confirm appointment details. In the specified box, please provide any information you'd like your provider to know, such as questions or symptoms you may have. If this is your first time scheduling through the portal, you may be prompted to verify personal information before confirming appointment details.



After reviewing all information, select "Schedule."

**8** Sign in to your My Premise Health account 10 minutes before your appointment to complete your eCheck-In.

Once ready, your provider will join the video visit or call you if you selected a telephonic visit.

