



Connect and learn more
about Premise Health Centers!
www.MyPremiseHealth.com
855.200.6822

**All MUST members have access
to Premise Health Centers!**

**Premise Health Centers provide an
array of services including:**

- **Primary Care**
- **Wellness, Nutrition & Health Coaching**
- **Laboratory Work**

The goal is to **remove barriers** that keep people from seeking medical care. Patients book appointments in 20-minute increments, and the **wait times are less than 4 minutes**. Patients are never double booked.

For members on **Traditional Plans**, services are available at **zero cost** to the member.

For members on HDHPs, services are available for a **\$55 office charge** (until their deductible is met).



Premise Services

- Chronic Disease Management
- Health Coaching Services
- Care for Infections & Colds
- Flu & Allergy Treatments
- Well-Child Checkup
- School Physicals
- Sports Physicals
- Annual Health Screenings
- Stress Management
- Tobacco Cessation
- Routine Blood Work
- Skin Checks
- Immunizations
- Minor Stitches
- Wellness Programs
- Annual Exams
- MRI & Diagnostic Referrals



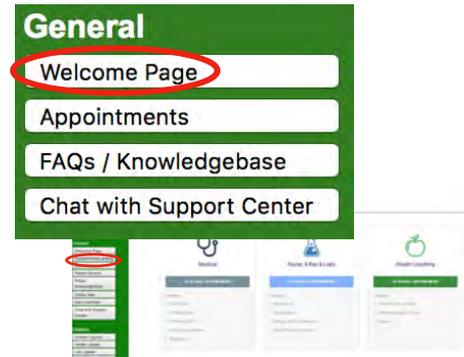
Convenient Scheduling

MyPremiseHealth.com | My Premise Health App
or by phone 855.200.6822

- › Easy log on using your **computer**, **smartphone** or **tablet**
- › Pick time **best for you** and your schedule
- › **Or call** for scheduling assistance

It's important to understand where you access care can make a big difference in cost and time. Premise Health Centers are a cost-effective option for MUST members. Here are other avenues for accessing care through your MUST plan:

	Average Costs	Average Wait Times	Examples of Health Issues	
Nurse Line Quick, convenient and lower cost		 less than 1 minute	<ul style="list-style-type: none"> • Allergies • Asthma • Dizziness 	<ul style="list-style-type: none"> • Severe headaches • Cuts or burns • Fever & cold symptoms
Virtual Visits Convenient and lower cost	\$	 20 minutes or less	<ul style="list-style-type: none"> • Allergies • Cold and flu • Nausea 	<ul style="list-style-type: none"> • Sinus infections • Asthma • Pinkeye
Your Doctor's Office Your doctor knows your medical history best	\$	 24 minutes	<ul style="list-style-type: none"> • Fever, colds and flu • Sore throat • Minor burns • Stomach ache 	<ul style="list-style-type: none"> • Ear or sinus pain • Physicals • Shots • Minor allergic reactions
Urgent Care Clinic Immediate care for issues that are not life-threatening	\$\$\$\$	 11-20 minutes	<ul style="list-style-type: none"> • Migraines or headaches • Cuts that need stitches • Abdominal pain • Sprains or strains 	<ul style="list-style-type: none"> • Urinary tract infection • Animal bites • Back pain
Hospital Emergency Room For serious or life-threatening conditions	\$\$\$\$\$\$	 4 hours, 7 minutes	<ul style="list-style-type: none"> • Chest pain, stroke • Seizures • Head or neck injuries • Sudden or severe pain 	<ul style="list-style-type: none"> • Fainting, dizziness, weakness • Uncontrolled bleeding • Problem breathing • Broken bones



Get Appointments

Make Appointment

Type your symptoms, reason for appointment, or comments:

Confirm Your Appointment

- 1 Click on **Appointments** in the green navigation bar on the left-hand side of the screen. Choose what type of appointment you need to schedule.
 - **Medical**—Sick visits, primary care, medication refills, physicals
 - **Nurse, X-Ray, Labs**—Blood work, vaccinations, blood pressure checks
 - **Health Coaching**—Coach meeting, complete Plan of Care, classes

- 2 Let us know **When** you would like your appointment. You can also filter available slots with the **Where** and **Who** dropdowns.
 - **Where**—If multiple locations are available
 - **Who**—If you'd like to see a specific provider

- 3 Click **Get Appointments** and then choose an appointment time by clicking **Make Appointment**.

- 4 Type your symptoms, reason for appointment, or comments. If you'd like a reminder about your visit, choose text, e-mail or both. Then click **Confirm Your Appointment**.

To view all of your scheduled appointments
Click **My Appointments** at the top of the **Appointment Scheduler** screen
OR Select **My Future Appointments** in the drop down menu beside the **Get Appointments** button.