



## A PATIENT-CENTERED MEDICAL HOME

Montana Health Center services are available to MUST Plan members and their dependent(s) age 2 and older. Our approach is to provide comprehensive health care, focused on all aspects of your health and overall wellbeing, including emotional, family, and social concerns. Along with your providers and other health care professionals, you are the most important person in managing your health.

### ✓ **Primary Care Provider (PCP)**

We all need care when we're sick, but consistent support for your health is key to prevention and long-term wellness. Having a dedicated PCP ensures you have one person overseeing your care. PCP's recommend preventive screenings, provide routine care, help you make healthier lifestyle choices and refer you to specialists as needed.

### ✓ **24/7 Virtual Telehealth**

Get access to board certified physicians anywhere in the U.S. that can diagnose illness, recommend treatment, and prescribe medications virtually through a phone or video visit. Most appointments take place within 15 minutes of being requested.

Common conditions treated during a virtual visit include allergies, back pain, cold/cough/flu, earaches, fever, headache, nausea, sinus infection, and/or sore throat.

### ✓ **AAAHC Accredited**

The Montana Health Centers are accredited by the Accreditation Association for Ambulatory Health Care (AAAHC). This means an independent, not-for-profit organization closely examined our facility and procedures.

### ✓ **Privacy & Security**

Montana Health Centers will not share your records with your employer or anyone else without your direction. We enforce the highest industry standard for record and data security.

### ✓ **Lower Healthcare Costs**

No deductible or copays for members on the RM plan. For members on a HDHP Plan a copay of \$55 is payable at time of service.



### Phone

855-200-6822

### Information

[healthcenter.mt.gov](http://healthcenter.mt.gov)

### Appointments

[mypremisehealth.com](http://mypremisehealth.com)



# MONTANA

 HEALTH CENTERS

ANACONDA | BILLINGS  
BUTTE | HELENA | MISSOULA

**MONTANA**  
HEALTH CENTERS

Operated by  
Premise Health.





## A HEALTHIER FUTURE

**Our Wellness Team of experts are ready to help you with step-by-step individualized plans of action.**

Certified Wellness Coaches use proven techniques for positive outcomes and sustainable change. They'll encourage you and monitor behavior changes.

Wellness Plans customized for your personal stage of change, learning style and clinical values are available in exercise, tobacco cessation, health maintenance, diabetes, cholesterol management, and more.

Get help with:

- Exercise
- Life Satisfaction
- Nutrition
- Stress Management
- Tobacco Cessation
- Weight Management
- Work/Life Balance



## PRIMARY CARE SERVICES

MUST Plan members have access to a wide variety of primary care services to meet their needs. Some examples are listed below.

### ✓ Acute Care

- Colds & Flu
- Cough or Sore Throat
- Burns, Blisters, Wounds
- Headaches & Earaches

### ✓ Behavioral & Mental Health

- Anxiety & Depression
- Substance Abuse
- Grief

### ✓ Blood Work & Labs

- Annual Health Screenings
- Diagnostic Testing
- Send-Out Pathology

### ✓ Chronic Disease Management

- Asthma & COPD
- Cardiovascular Disease
- Gastroesophageal Reflux Disease
- High Blood Pressure
- High Cholesterol
- Hypertension
- Metabolic Syndrome
- Migraines
- Prediabetes & Diabetes
- Tobacco Cessation

### ✓ Preventative Care

- Annual Exams
- Cancer Screening Referrals
- Flu Shots, COVID-19, & Other Vaccinations
- School or Sports Physicals



## ONLINE PORTAL

Creating a MyPremiseHealth account allows you to manage and receive information about your health, including managing your medications, test results, scheduling appointments, connecting with your care provider, and more.

### Account Registration

Each eligible MUST Plan member must register for their own account.

1. Go to [mypremisehealth.com](https://mypremisehealth.com)
2. Click "Sign Up Now"
3. Follow the prompts

*Note: The MUST Plan primary member must request chart access to their dependent(s) under the age of 18 to make appointments for them.*

### Health Center Provider Appointments

You must register for an account before scheduling an appointment on-line. To make an appointment with a Montana Health Center provider:

1. Login to your *MyPremiseHealth* account
2. Click "Schedule an Appointment"
3. Choose the reason for your visit
4. Follow the prompts to choose your location, provider, and date and time of your appointment

### Virtual Telehealth Appointments

You must register for an account before scheduling an appointment online. To make a virtual telehealth appointment:

1. Login to your *MyPremiseHealth* account
2. Click "Get Care Now"
3. Enter your current location then follow the prompts
4. After you click "Schedule" you will receive a notification when a provider is available to see you. It usually takes less than 15 minutes to connect with a provider.

**MAKE AN APPOINTMENT**

**MyPremiseHealth App**  
[mypremisehealth.com](https://mypremisehealth.com)

Call 855-200-6822