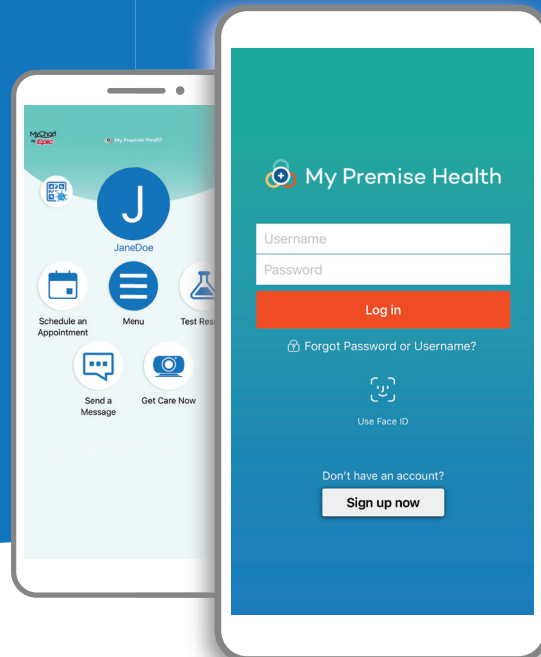


# Get, stay and be connected.



## My Premise Health

My Premise Health is your secure patient portal that you can access online at [mypremisehealth.com](https://mypremisehealth.com) or through the **My Premise Health app**. It provides you with convenient access to your providers, health records, vital history, test results and more.

### Convenience

- Schedule appointments
- Conduct virtual visits
- Get appointment confirmations and reminders
- Complete forms before your visit

### Health management

- View lab results
- Manage medications
- Pay your bill
- View your visit history



## Activate your account.

My Premise Health app | [mypremisehealth.com](https://mypremisehealth.com)

Frisco Employee Wellness Center  
7589 Preston Road, Suite 400, Frisco, TX 75034  
Monday, 8 a.m. – 5 p.m.  
Tuesday, 6:30 a.m. – 3:30 p.m.  
Wednesday, 8 a.m. – 5 p.m.  
Thursday, 6:30 a.m. – 3:30 p.m.  
Friday, 8 a.m. – 5 p.m.  
Closed 12-1 for lunch  
469-604-0800



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# My Premise Health

## Helpful resources

- Find directions, hours and contact information
- Access to health and wellness education

## Secure communication

- Exchange private, secure messages with your providers
- Ask a question, get advice, confirm a result or get an update on your condition

## Virtual health

- Online and mobile visits allow you to engage your providers remotely
- eVisits offer treatment for common conditions via secure messaging – without the need for a face-to-face encounter

## How to activate your account:

- 1 Download the My Premise Health app or visit [mypremisehealth.com](http://mypremisehealth.com).
- 2 Select “Sign up now.”  
For assistance, call your wellness center or email [mypremisehealthsupport@premisehealth.com](mailto:mypremisehealthsupport@premisehealth.com). You can also visit [mypremisehealth.com](http://mypremisehealth.com) and click “Contact Support.”

## Who can use these services?

All full-time employees and medical covered dependents.

 Employee Wellness Center

OPERATED BY  Premise Health.

## Managing your healthcare just got easier.



Schedule appointments



Conduct virtual visits



View lab results



Message your providers



Manage medications



Complete forms



Pay your bill



And more