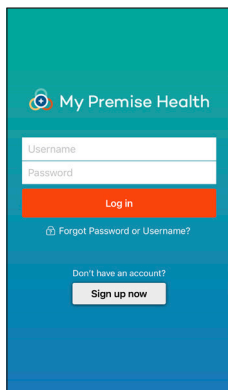


How to schedule an appointment at Care4Us Health Centers.

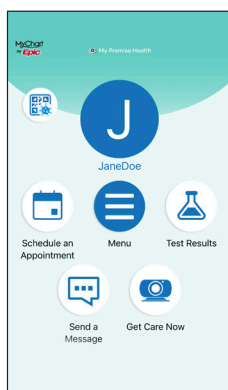
Follow these steps to schedule your appointment using the My Premise Health app or online at mypremisehealth.com.



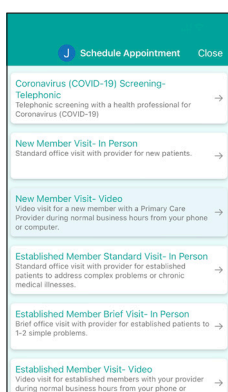
1 Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, call your wellness center, email mypremisehealthsupport@premisehealth.com or visit mypremisehealth.com and click "Contact Support" for assistance.

2 In the dashboard, select "Schedule an Appointment."



3 Select your desired appointment type from the available options.

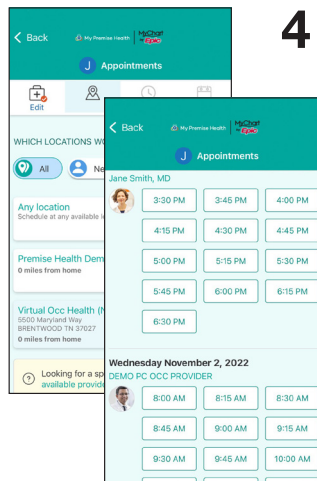


Get started today.

Log in or sign up for your account on the My Premise Health app or mypremisehealth.com.

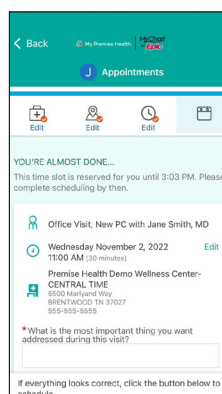
Care4Us Health Centers
(901) 979-3151 | mypremisehealth.com

4 Choose your location (if applicable).

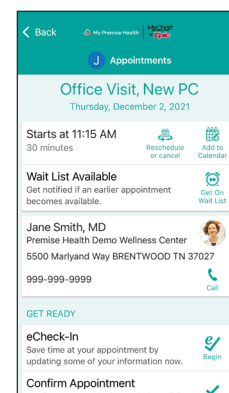


5 Select a provider, date and time for your visit.

6 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.



7 Your appointment is confirmed. Plan to arrive at your wellness center at your scheduled time. eCheck-In is not required for in-person appointments, but you may complete the process if you would like.



Care4Us

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