



## PRIMARY CARE SERVICES

### Acute Care

- Colds, Flu, & Infections
- Minor Stitches
- Strains & Sprains
- Wound Care
- And more

### Chronic Disease Management

- Asthma
- Cardiovascular Disease
- Chronic Kidney Disease
- Chronic Stress
- Pre-Diabetes & Diabetes
- Gastroesophageal Reflux Disease
- High Blood Pressure
- High Cholesterol
- Specialized Diets (i.e. Celiac or Crohn's disease)
- Tobacco Cessation
- And more

### Blood Work & Labs

- Annual Health Screenings
- Biopsies
- Diagnostic

### Health Coaching Services

A variety of Wellness Programs/Services are available.

- Face-to-Face
- Group Meetings
- Virtual

### Routine/Wellness

- Flu Shots, COVID-19, and Other Vaccinations
- School Physicals
- Sport Physicals
- Skin Checks
- Well-Child Checkup 2+
- Well-Male Exams
- Well-Women Exams
- Wellness Programs
- And more

### Medication Refills

### X-RAY & Radiology Referrals



## GET REGISTERED

Each eligible family member must be registered separately by following these steps.

1. Go to [mypremisehealth.com](http://mypremisehealth.com) & click Sign Up Now
2. Follow the prompts
3. If you cover a dependent under 18, visit [healthcenter.mt.gov/appointments](http://healthcenter.mt.gov/appointments) for registration details.

## SCHEDULE AN APPOINTMENT

Once you register, schedule an appointment by calling (855) 200-6822 or follow these steps for scheduling an appointment online.

1. Go to [mypremisehealth.com](http://mypremisehealth.com) and login
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.

Visit [healthcenter.mt.gov/appointments](http://healthcenter.mt.gov/appointments) for more scheduling information.

## VIRTUAL PRIMARY CARE (VPC)

Members covered under a high deductible health plan may have to pay a copay for non-routine services.

VPC provides fast access to board certified physicians that can diagnose illness, recommend treatment, and prescribe medications over the telephone or through video chat.

Quality medical care is available 24 hours a day, 7 days a week and 365 days per year.

For primary or minor medical care, NVH is the most convenient option. Now you don't have to spend time traveling to and from a clinic, urgent care or emergency room for minor medical needs.

In most cases, NVH is perfect for the treatment of:

- Allergies
- Arthritic pain
- Bronchitis
- Certain Rashes
- Cold/Flu Symptoms
- Ear Infections
- Gastroenteritis
- Headaches/Migraine
- Insect Bites
- Minor Burns
- Respiratory Infection
- Sinus Infections
- Sore Throat
- Sprains/Strains
- Stomach-Ache
- Urinary Tract Infection

### Schedule VPC Appointment

1. Go to [mypremisehealth.com](http://mypremisehealth.com) and login
2. Click "Get Care Now" and selected "Montana" for the location
3. Follow the prompts
4. Click "Schedule" and you will receive a notification when a provider is available to see you

Visit [healthcenter.mt.gov/virtual-telehealth](http://healthcenter.mt.gov/virtual-telehealth) for more information.



## A HEALTHIER FUTURE WITH THE PREMISE WELLNESS TEAM

The Montana Health Center wants you and your family to achieve health and wellness. Our Wellness Team of experts are ready to help you with step-by-step individualized plans of action.

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

## PRIVACY

Your records are confidential. Your medical records are private and protected by the Health Insurance Portability and Accountability Act (HIPAA) and will never be shared with your employer or anyone else without your permission.

## SCHEDULE IN THE APP

Download the My Premise Health app in the Apple or Google Play Store.

