

September 15, 2021

Saturday Appointments for the Montana Health Center in Helena Are Going Virtual

Effective Saturday, September 18, 2021, all Saturday appointments at the Montana Health Center in Helena will take place as a virtual telehealth visit with a national Premise Health provider.

How to Schedule A Virtual Telehealth Visit

1. Login to mypremisehealth.com
2. Click "Get Care Now"
3. Select "Montana" for the location
4. Choose between video or phone visit
 - For a video visit, via computer or mobile app, select "My computer" or "Mobile App" for how you would like to join the appointment
5. Click "Ready to see the Doctor"
6. Enter the reason for your visit and how you would like to be notified when your provider is ready, then 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.



Additional Scheduling Assistance

- [How to register for a My Premise Health account](#)
- For the next few Saturdays, a Premise Health staff member will be available on-site from 8 am to 12 pm to assist members with scheduling and attending virtual telehealth appointments.

For more information, check out the [frequently asked questions](#) document.



Virtual appointments are offered in partnership with National Virtual Health (NVH).

- State Plan members can now make a NVH appointment with a board-certified physician via phone or video.
- More than just Saturdays! This service is available 24 hours a day, 7 days a week, 365 days a year.
- It usually takes less than 15 minutes to connect with a provider.
- Common conditions that can be treated during your NVH visit include allergies, back pain, cold/cough/flu, earaches, fever, follow-up appointments, headache, medication refills, nausea, rashes and bites, sinus infection, and sore throat.

For more information about National Virtual Health or Saturday schedules, call Premise Health at (855) 200-6822 or visit mypremisehealth.com and click the 'contact support' button.

If you have any outstanding question or issues, contact HCBD at (800) 287-8266 or benefitsquestion@mt.gov.

State of Montana Health Care & Benefits Division (HCBD)

Non-Discrimination Notice: The State of Montana Benefit Plan complies with applicable Federal civil rights laws, state and local laws, rules, policies and executive orders and does not discriminate on the basis of race, color, sex, pregnancy, childbirth or medical conditions related to pregnancy or childbirth, political or religious affiliation or ideas, culture, creed, social origin or condition, genetic information, sexual orientation, gender identity or expression, national origin, ancestry, age, disability, military service or veteran status or marital status. 45 C.F.R. § 92.8(b)(1) and (d)(1)