


**Tell Us Why You're Coming In!**

Sometimes knowing how to navigate a Patient Portal can be cumbersome.

Below are some tips on what visit types to choose for specific concerns/issues on the My Premise Health portal:

**Primary Care Visits – In Person, Video, or Phone**

 <p><b>Office Visit</b></p>	<p>Simple Infections (sore throat, earache, sinus)                  Follow up discussions including labs without physicals                  Chronic Disease Management (blood pressure, diabetes, mental health)</p> <p>→</p>
 <p><b>Pediatric Office Visit</b></p>	<p>Simple Infections (sore throat, earache, sinus) under 18 years old                  Follow up discussions for under 18 years old                  Minor Orthopedic Injuries under 18 years old</p> <p>→</p>
 <p><b>Annual Physical</b></p>	<p>Physical with or without Lab Review                  Preventative Care Management (mammogram, colonoscopy, etc)                  Procedures (mole removal)                  Any of the above + immunizations (shingles, pneumovax, etc)</p> <p>→</p>
 <p><b>Well Woman</b></p>	<p>Physical with or without Lab Review                  Preventative Care Management (mammogram, colonoscopy, etc)                  Birth Control Insertion                  Any of the above + a pap smear</p> <p>→</p>
 <p><b>Well Child</b></p>	<p>Preventative Health Appointment for under 18 years old                  Child or Adolescent Physical with or without vaccinations</p> <p>→</p>
 <p><b>Lab</b></p>	<p>Premise Provider ordered labs                  Outside Provider ordered labs</p> <p>→</p>
 <p><b>Biometrics</b></p>	<p>HRA blood draw + vitals, height, and weight                  - Remote events and in clinic -</p> <p>→</p>
 <p><b>Immunizations</b></p>	<p>Immunizations (Nurse Visit Only)</p> <p>→</p>
 <p><b>Flu Shot</b></p>	<p>Flu Shots (Nurse Visit Only)                  In Clinic and Mass Events</p> <p>→</p>

## Health Coaching Visits – Phone or Video



### Wellness Coaching

Health Coach Visits – New Patient  
Health Coach Visits – Follow up



### Nutrition

Registered Dietician Health Coach Visits  
- Specific to Nutrition –



### Health Seminar

Health Coaching Webinars Available



## Behavioral Health – Phone or Video



### Behavioral Health

Counseling Appointment – New Intake  
Counseling Appointment – Follow Up



### EAP

Counseling Appointment – New Intake  
Counseling Appointment – Follow Up



## Virtual Primary Care – Phone or Video



### Get Care Now

On-demand visit with a provider

- Medication management
- Preventative, acute, and episodic care
- General skin conditions



### Ergonomics

Reducing physical stress and injuries

Poor posture and musculoskeletal disorders from work

Increase efficiency and productivity with a suitable work environment



### Travel Medicine

Health advice and protection against disease for international travel

Recommended/Required vaccination advice for international travel

