

## 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



#### Office Visit

Simple Infections (sore throat, earache, sinus)  
Follow up discussions including labs without physicals  
Chronic Disease Management (blood pressure, diabetes, mental health)



#### Pediatric Office Visit

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



#### Annual Physical

Physical with or without Lab Review  
Preventative Care Management (mammogram, colonoscopy, etc)  
Procedures (mole removal)  
Any of the above + immunizations (shingles, pneumovax, etc)



#### Well Woman

Physical with or without Lab Review  
Preventative Care Management (mammogram, colonoscopy, etc)  
Birth Control Insertion  
Any of the above + a pap smear



#### Well Child

Preventative Health Appointment for under 18 years old  
Child or Adolescent Physical with or without vaccinations



#### Lab

Premise Provider ordered labs  
Outside Provider ordered labs



#### Biometrics Screening

HRA blood draw + vitals, height, and weight  
- Remote events and in clinic -



#### Immunizations

Immunizations (Nurse Visit Only)



#### Flu Shot

Flu Shots (Nurse Visit Only)  
In Clinic and Mass Events



#### Covid-19 Vaccine

COVID Vaccine (Provider visit for determination)



## 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

