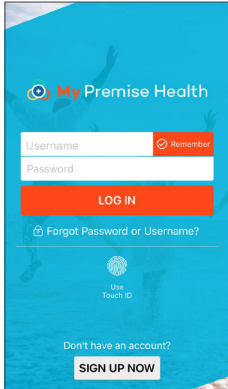


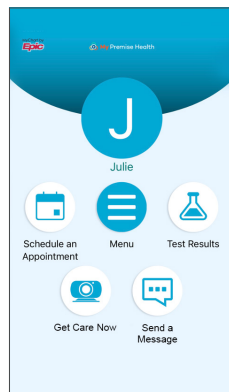
# How to schedule an appointment at School District Indian River County Health and Wellness Center.

Follow these steps to schedule your appointment using the My Premise Health app or online at [mypremisehealth.com](http://mypremisehealth.com).

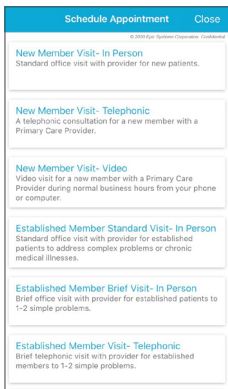


**1** Log in to your My Premise Health account with your username and password. If you don't have an account, you can create one using the "Sign Up Now" option.

For support, call your wellness center, email [mypremisehealthsupport@premisehealth.com](mailto:mypremisehealthsupport@premisehealth.com) or visit [mypremisehealth.com](http://mypremisehealth.com) and click "Contact Support" for assistance.

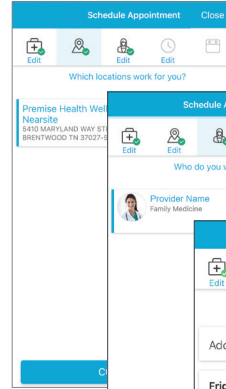
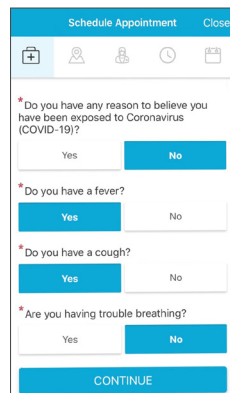


**2** In the dashboard, select "Schedule an Appointment."

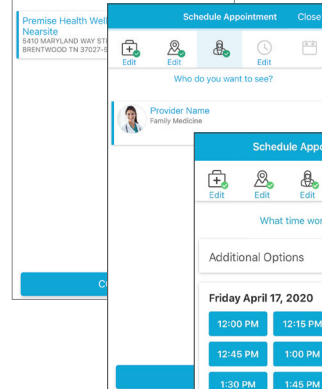


**3** Select your desired appointment type from the available options.

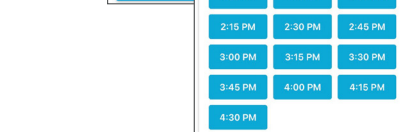
**4** Answer all coronavirus questions and any additional questions that correspond to your visit.



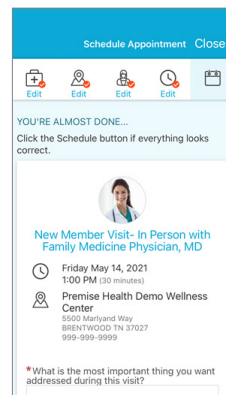
**5** Choose your location.



**6** Choose a provider.



**7** Select a preferred date and time for your visit.



**8** 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.

**9** Your appointment is confirmed. Plan to arrive at School District Indian River County Health and 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.

