

HealthierYou CLINIC

Powered by
Premise Health®



The Healthier You Clinic, powered by Premise Health, provides quality-driven, comprehensive medical care that is affordable and convenient. The full-scope medical clinic offers primary care, physical therapy and behavioral health exclusively to ALL U-Haul Team members, as well as dependents on the U-Haul Company Medical Plan.

**Location:**

45 E Roanoke Ave.
Ste 100
Phoenix, AZ 85004

**Contact Information:**

(623) 552-3745
healthieryouclinic@premisehealth.com

**Hours of Operation:**

Monday–Friday,
7:30 a.m. – 4 p.m.

**Online Appointment
Scheduling:**

My Premise Health App or
MyPremiseHealth.com

Clinic Services

Primary Care:

Physicals, Well–Woman Exams, Men’s Health, Vaccinations, Screening Tests, Skin Cancer Screenings

Acute/Urgent Care:

Strep Throat, Seasonal Allergies, Ear or Sinus Issues, Headaches, Kidney and Urine Problems, Infections, Skin Conditions and Pneumonia

Physical Therapy:

Assessment of Musculoskeletal Injuries, Manual Therapy, Patient–Specific Treatment, Functional Physical Therapy and Rehabilitation Therapy, Sports Medicine and Ergonomic Appointments

On–Site Medications:

100+ on–site medications are available to be prescribed during your visit

Procedures:

Suturing of Uncomplicated Lacerations, Suture/Staple Removal, Skin Abscess, Simple Skin Biopsy, Wart or Skin Tag Removal, Ear Wash and Lavage

Laboratory Services:

Provides services that include point–of–care laboratory testing and test collections for off–site processing by LabCorp

Behavioral Health:

Specializes in relational therapy, trauma therapy and evidence–based therapy for adolescents, adults, families and couples; offers individualized treatment and assessment for depression, anxiety, PTSD, substance–abuse disorders, stress management, sleep issues and more

Eligibility & Cost

Eligibility	Medical, Physical Therapy and Behavioral Health Appointments	Preventive Appointments	Lab or Vaccination Appointments	On-Site Medication fee
Full-time, <u>before</u> their 90 days of service, and Part-time beginning on their first day of employment	\$50	\$50	\$25	\$25
Full-time, <u>after</u> their 90 days of service, who have <u>not enrolled</u> in the U-Haul Company Medical Plan	\$25	\$25	\$25	\$25
Team members and dependents on the U-Haul Company Medical Plan	\$25	Free	Free	Free

PLEASE NOTE:

Payment and ID are to be presented at the beginning of an appointment.

The Healthier You Clinic is available to full-time team members and their dependents who are enrolled in the U-Haul Company Medical Plan (UCMP). Children ages 2–12 years may be seen only for acute care. Ages 13+ can receive full-scope primary care, physical therapy and behavioral health.

Full-time and part-time team members who are not enrolled in the UCMP are also eligible, regardless of your insurance provider. The Healthier You Clinic does not accept other insurance. Team members not on the UCMP will pay fees as an out-of-pocket expense.

How to Make a My Premise Health Account on Your Phone

1. Download the My Premise Health App and open it on your phone.
2. Click the “Sign Up” button on the log-in screen. Fill in your information.
3. Set up the two-step verification to ensure that your information stays secure.
 - a. Validate your account by inputting an email address and phone number.
 - b. Enter the verification code to proceed.
4. Create a unique username and password.
5. Finally, enter the email address and phone number that you would like to receive updates about the Premise Health App and your account.

How to Log in to the My Premise Health App

1. Log in using either the email address or username and password you chose your account.
2. Verify your identity using the two-step verification process you set up earlier.
3. Read and agree to the terms of use agreement.
4. If there are any updates, they will be shown once you sign in.
5. Congratulations! You have successfully created an account and signed in!