

# SCHEDULE YOUR WAY TO BETTER HEALTH

## Online appointment scheduling

**You're just clicks away from conveniently scheduling your health care appointments. Here are a few tips to get the most out of the scheduling tool and make the most of your visit.**

### First time or new users need to:

1. Log in <https://nationallifegroup.mycentervisit.com> to register
2. Click on Sign up
3. Complete the required fields on the Account Screen
4. Accept the terms of Service and Privacy Policy
5. Click on NEXT to set-up your account



### To schedule an appointment:

1. Go to <https://nationallifegroup.mycentervisit.com>
2. Log in to book an appointment
3. Select the appointment type; a health care provider; and the time you would like to visit
4. Export your appointment to your personal calendar

### Choose the right appointment for what you need:

Appointment type	Service needed
Office Visit	When you're generally not feeling well
Lab Visit	For blood work orders. (Remember to bring your paperwork and pick an early morning appointment if you're fasting.)
Complete Physical Exam	For an annual check-up
Blood Pressure Check	For a blood pressure reading
Immunization	For all vaccines except flu
Flu Shot	For yearly flu shots
Injection Visit	For our staff to administer your medication (except allergy shots)
Weight Check	To have your weight measured

### Call to schedule:

- › Biometric screenings
- › New patient appointments

### More questions?

Contact us at the National Life Group Wellness Center or call your onsite care center at 802-229-7515.

**Together, all the way.<sup>SM</sup>**



Cigna Onsite Health services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Onsite Health, LLC and Cigna Health and Life Insurance Company (VA). Professional services are provided by HS Clinical Services (MI, MN), Home Physicians, P.C. (IL), Alegis Care – New Jersey, P.C. (NJ), and Cigna HealthCare of North Carolina, Inc. (NC), with management services provided by Cigna Onsite Health, LLC. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.