



How to Self-Schedule Your Appointment

1. Click on “Schedule Now” under Adult Care or Pediatric Care, based on the services needed.



Adult Care

Book your appointment with a Family Practice Provider.

Schedule Now



Pediatric Care

Book your child's appointment with a Pediatric Provider.

Schedule Now

2. Select the type of appointment, New Patient or Video Visit.

What kind of appointment are you looking for?

 New Patient Appointment →

 MyChart Video Visit - Established →

3. Select a specific provider or first available appointment to be seen sooner.
Select the best time and date for you.

Mary Coatoam



THC Enterprise
105 Main St Enterprise FL 32725-8138

9:00 AM

10:00 AM

11:00 AM

Sabrina Durant



THC Alafaya
11881- A East Colonial Dr Orlando FL 32826-4723

11:00 AM

Christina Jacob



THC Harvest Time
225 Harvest Time Dr Sanford FL 32771-8814

9:00 AM

3:00 PM

4. Add the reason for the visit in the comment section.

Does everything look correct?

This appointment time is reserved for you until 3:38 PM.

 New Patient Appointment with Mary Coatoam

 Thursday March 19, 2026 Edit
Arrive by 8:30 AM
Starts at 9:00 AM (30 minutes)

 True Health - Enterprise Wellness Cottage - Family Practice Edit
105 Main St
Enterprise FL 32725-8138
407-322-8645

Notify me if earlier appointments open up

What is the most important thing you want addressed during this visit?

* Comments

[Continue with this appointment](#)

MyChart *Epic*
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5. If you are an **ESTABLISHED** patient with a MyChart account, select “Continue through MyChart” for a faster process as your demographic information will automatically populate from your account. If you are **NEW**, please select “Continue as guest.”

Finish Scheduling

Appointment details (not yet scheduled) ^

This appointment time is reserved for you until 3:38 PM.

 New Patient Appointment with Mary Coatoam

 Thursday March 19, 2026 9:00 AM EDT (30 minutes)

 True Health - Enterprise Wellness Cottage - Family Practice
105 Main St
Enterprise FL 32725-8138

Continue through MyChart

Save time by using your MyChart account to schedule this visit for yourself or someone else.

[Log in and schedule](#)

OR

Continue as guest

 [Schedule for yourself](#) →

 [Schedule for someone else](#) →



6. Enter your demographic information. Please note, all information is required in order to self-schedule your appointment.

Finish Scheduling



Appointment details (not yet scheduled) ^

This appointment time is reserved for you until 3:38 PM.

New Patient Appointment with Mary Coatoam

Thursday March 19, 2026
9:00 AM EDT (30 minutes)

True Health - Enterprise Wellness Cottage - Family Practice
105 Main St
Enterprise FL 32725-8138

Patient information

* Indicates a required field.

Patient's name

First name is required.

Patient's address

Country
United States of America

Street address

Apartment or unit

City State ZIP

County

Other patient information

* Legal sex

Female Male Unknown Nonbinary X

* Date of birth
MM/DD/YYYY

Last four digits of SSN

* Home phone

Work phone

* Mobile phone

You've asked to receive notifications if earlier visits open up. Enter your phone number so we can contact you.

Send me text notifications
Messages will be sent from 43683

Text messages related to your relationship with Health Choice Network, including updates related to your visits, MyChart account, one-time passcode, billing notifications, prescription reminders, and care management will be sent to phone number above. Message and data rates may apply. Message frequency may vary. For help text HELP and text STOP to opt out of notifications from a specific short code. Please review terms and condition below.
[SMS Terms and Conditions](#) [Privacy Policy](#)

* Email address * Verify email address

7. Enter your insurance information.

Finish Scheduling



Appointment details (not yet scheduled) ^

This appointment time is reserved for you until 3:38 PM.

New Patient Appointment with Mary Coatoam

Thursday March 19, 2026
9:00 AM EDT (30 minutes)

True Health - Enterprise Wellness Cottage - Family Practice
105 Main St
Enterprise FL 32725-8138

* Indicates a required field.

Insurance information

* Insurance

* Who will be paying for costs not covered by insurance?

Patient Someone else

* Indicates a required field.

Insurance information

* Insurance

* Member number

Group number

* Is the patient the policy holder for this insurance?

Yes No

* Who will be paying for costs not covered by insurance?

Patient Someone else



- 8. If you do not have insurance select “No Insurance.” Please note, if you select “No Insurance,” you will receive a call before your appointment for financial counseling and to provide additional documents. If you do not answer this call, your appointment will be rescheduled until you have completed the financial counseling.**

* Indicates a required field.

Insurance information

* Insurance
No insurance

* Who will be paying for costs not covered by insurance?
Patient Someone else

Schedule Back

- 9. You will receive confirmation that your appointment has been scheduled.**

Appointment Details



 **Appointment Scheduled**
You're all set! You can review details of your upcoming appointment below.



**New Patient Appointment
with Mary Coatoam**

 Thursday March 19, 2026
Arrive by 8:30 AM EDT 
Starts at 9:00 AM EDT (30 minutes)
 [Add to calendar](#)

 True Health - Enterprise Wellness
Cottage - Family Practice
105 Main St
Enterprise FL 32725-8138
[407-322-8645](tel:407-322-8645)

[Cancel appointment](#)

Visit Instructions

Bring list of current medications and any insurance information and a copayment if required by your insurance company.

10. If you need to cancel, select “Cancel Appointment.” Enter the reason for canceling and confirm cancellation.

Cancel Appointment

Confirm Cancellation

Mar 19 2026 New Patient Appointment
Mary Coatoam
True Health - Enterprise Wellness
Cottage - Family Practice
Arrive by 8:30 AM EDT
Starts at 9:00 AM EDT

Comments:

[Confirm cancellation](#) [Back](#)

11. You will receive confirmation the appointment was canceled.

Cancel Appointment

Cancellation Confirmed

Thank you. Your appointment has been canceled.

If you need further assistance, please contact us at 407-322-8645.