

NOW AVAILABLE VIRTUALLY!




Primary, Urgent, and Mental Health Care

The Premera Blue Cross virtual care network delivers low cost, convenient, high-quality care while keeping our members needs top of mind. This network—as well as telemedicine offered through your in-network doctor—are available as part of your plan.

Illness can occur at any time. But with constant access to care from the Premera network of virtual care providers, you don't have to wait for office hours to be seen. Board certified providers are just a few clicks away.

Want to find out more?

Ask your HR representative for more information or log in to your account at premera.com.

	On-demand, text-based primary care. 98point6.com/premera	What it's for: General medicine and primary care providers who can answer your questions; they can also treat and diagnose you when you're sick or if you have chronic condition.
	Video chat with a doctor. doctorondemand.com/premera	What it's for: Cold and flu symptoms, pediatric care for ages 1+, skin conditions, allergies, headaches, diet and nutrition, medication management, and mental health therapy.
	Virtual access to a licensed therapist through text or video. talkspace.com/premera	What it's for: Non-urgent mental health care.

*If you already have the 98point6 or Doctor On Demand apps downloaded, you can continue using as is. You are not required to access through the Premera app.