



# Get Care From Anywhere

Premera's virtual care network provides a variety of low cost, convenient ways to get high quality care when you need it.

## ONLINE CARE. ON YOUR SCHEDULE.

Get real-time medical care from board-certified providers without needing to miss work, or go to the doctor's office or Urgent Care facility when you're feeling sick.

These health care providers are covered by your health plan and provide on-demand access 24/7 from the safety, convenience, and comfort of home.

### For Primary & Urgent Care + Mental Health

## 98point6

Text-based primary/urgent care from a doctor 24/7.

[98point6.com/premera](https://98point6.com/premera)

## dr. on demand

Video and phone-based primary/urgent care and mental health therapy.

[doctorondemand.com/premera](https://doctorondemand.com/premera)

## talkspace

Video and phone-based mental health therapy.

[talkspace.com/premera](https://talkspace.com/premera)

### For Substance Use Disorder

## Boulder

Video visits and messaging with a therapist for treatment of opioid and alcohol use disorders.

[boulder.care/getstarted](https://boulder.care/getstarted)

## Workit Health

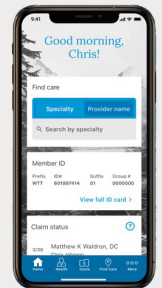
Live chat and video with a therapist for treatment of opioid and alcohol use disorders.

[workithealth.com/premera](https://workithealth.com/premera)



## DON'T WAIT UNTIL YOU NEED CARE!

Download the mobile app to access care from any of Premera's virtual care providers.



Available on the AppStore



Available on GooglePlay



If the issue is life-threatening, please call 911 or visit your local emergency room.