



# Get to Know Kinwell Clinics

## Quality, affordable primary care with a whole-health approach

Kinwell clinics are a new option for Premera members and provide a different approach to primary care that's rooted in compassion and puts people first. Kinwell offers their patients more attention and less complexity in order to create a better relationship with their healthcare teams.

### In addition to primary care, Kinwell clinics offer convenient ways to seek care with:

- Timely appointments (often same day or next day) available both in person and virtually
- Easy online scheduling
- Reduced wait times
- In-clinic lab tests
- Integrated behavioral health services

Whether it's an everyday ailment, a chronic condition, or a standard checkup, Kinwell patients will feel welcomed and cared for every step of the way.

### To make an appointment, call **833-411-5469** to schedule your first visit.

To find out more about Kinwell clinics and the communities they serve, visit [kinwellhealth.com](http://kinwellhealth.com).

## ALWAYS THERE FOR YOU

Your Mental & Behavioral Health Benefits

**dr.** on demand

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

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

**talkspace**

Video and phone-based mental health therapy.

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



**BEHAVIORAL HEALTH SYSTEMS**

Call Behavioral Health Systems at **888-720-5237** to get help with the following:

- Stress management
- Depression & anxiety
- Work-related problems
- Alcohol & drug abuse
- Eating Disorders
- Life Transition
- ADD Managing
- Personal relationships
- Marital/Family issues
- Grief & Loss
- Financial & legal advice

[behavioralhealthsystems.com](http://behavioralhealthsystems.com)

(Password: BHT)

## Boulder

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

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