Employee Wellness Toolkit | December 2024  
**Premera Plan Members**

**EMAIL ARTICLE**

*Use this copy to create an email or article to include in your regular employee newsletter*

A person sitting on a couch with headphones on

Description automatically generated

Stay Healthy With Virtual Care Options This Winter

As temperatures drop and flu season ramps up, it’s important to have quick and easy access to care when you need it. Virtual care options offer a safe and convenient way to connect with healthcare providers so that you can get the help you need fast.

Here are the top three reasons why you should choose virtual care this winter.

1. **Quick and Easy Access**: Virtual healthcare makes it easier than ever to get medical advice and prescriptions without the long wait for an in-person appointment. This is an ideal solution for getting care fast when flu and other winter viruses impact you or your family. Plus, all virtual options offer primary care – so if you like your doctor, you can keep them!
2. **Multiple Options:** Our health plan offers multiple solutions to accommodate different preferences and health needs such as video consultations and text-based chats. With multiple options, you can get care 24 hours a day, 7 days a week.
3. **Savings**: BHT member employees can realize big savings when choosing virtual care instead of traditional urgent care for treatment of common winter ailments such as the flu. A trip to urgent care can cost you between $60-$700 out-of-pocket even on the best health plan. With the typical cost of a co-pay at $30, and the ability to meet with a doctor 24/7 from the comfort of home, virtual care can help save you time and money.

**YOUR VIRTUAL CARE OPTIONS**

* 98point6: Text-based primary/urgent care from a doctor, 24/7. Download the app from the [App Store](https://apps.apple.com/us/app/98point6/id1157653928) or [Google Play](https://play.google.com/store/search?q=98point6+app&c=apps&hl=en_US)
* Kinwell: Primary care on your computer or smart device. <https://kinwellhealth.com/care/virtual-care/>
* Doctor on Demand: Video and phone-based primary/urgent care and mental health therapy. <https://doctorondemand.com/>

**SLACK OR TEXT MESSAGE**

*Use this copy to send a group message to your team through Slack, text, or other messaging platform*

A person sitting on a couch with headphones on

Description automatically generated

As temperatures drop and flu season ramps up, it’s important to have quick and easy access to care when you need it. Virtual care options offer a safe and convenient way to connect with healthcare providers so that you can get the help you need fast.

Here are the top three reasons why you should choose virtual care this winter.

1. **Quick and Easy Access**: Virtual healthcare makes it easier than ever to get medical advice and prescriptions without the long wait for an in-person appointment.
2. **Multiple Options:** Virtual care offers multiple solutions to accommodate different preferences and health needs such as video consultations and text-based chats.
3. **Savings**: BHT member employees can realize big savings when choosing virtual care instead of traditional urgent care for treatment of common winter ailments such as the flu.

**YOUR VIRTUAL CARE OPTIONS**

* 98point6: Text-based primary/urgent care from a doctor, 24/7. Download the app from the [App Store](https://apps.apple.com/us/app/98point6/id1157653928) or [Google Play](https://play.google.com/store/search?q=98point6+app&c=apps&hl=en_US)
* Kinwell: Primary care on your computer or smart device. <https://kinwellhealth.com/care/virtual-care/>
* Doctor on Demand: Video and phone-based primary/urgent care and mental health therapy. <https://doctorondemand.com/>