

## VIRTUAL CARE WITH PREMIERA

Premera has a virtual health network providing easy access to board certified, quality care that saves you money and time. Once enrolled, register at [Premera.com](https://www.premera.com) to learn more about the virtual care resources available to you and your enrolled family members.

Download the [Premera MyCare app](#) to find options available to you in one mobile application!



### DOCTOR ON DEMAND PRIMARY AND BEHAVIORAL HEALTH CARE

<https://www.doctorondemand.com/premera>

**Availability:** 24/7 Access or by appointment

**What it is:** A video or phone-based consultation with a board-certified doctor or licensed psychologist. It's easiest to set up your account by downloading the Doctor on Demand mobile app, so it's ready before you need care. You can also reach Doctor on Demand on the web: [www.doctorondemand.com/premera](https://www.doctorondemand.com/premera).

**What it's for:** Diagnosing and treating common illnesses, such as sinus problems, urinary tract infection, pink eye, bronchitis, upper respiratory infection, nasal congestion, allergies, flu, skin infections and rash as well as behavioral health visits. They can even prescribe certain drugs if necessary.



### 98POINT6 TEXT-BASED VIRTUAL CARE

<https://www.98point6.com/premera>

**Availability:** 24/7 Access

**What it is:** 98point6 is a new kind of on-demand primary care delivered through a highly secure in-app messaging experience on your mobile phone. With 98point6, U.S.-based, board-certified physicians answer questions, diagnose and treat acute and chronic illnesses, outline care options and order any necessary prescriptions or lab tests. 98point6 can also help you better understand any primary care conditions.



### BOULDER & WORKIT VIRTUAL TREATMENT FOR SUBSTANCE ABUSE DISORDER

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

**Availability:** 24/7 Access

**What it is:** Boulder Care provides treatment for opioid use disorder and alcohol use disorder. With this program, members can have video visits and text messaging with a therapist



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

**Availability:** 24/7 Access

**What it is:** WorkIt Health provides treatment for opioid use disorder and alcohol use disorder. With this program, members can live chat and video with a therapist



### TALKSPACE VIRTUAL THERAPY FOR BEHAVIORAL HEALTH

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

**Availability:** 24/7 Access

**What it is:** easily connect to therapists and psychiatrists by video and text. Start by signing up at [talkspace.com/premera](https://talkspace.com/premera) using Chrome, Firefox, Safari or Edge, get matched with the best therapist for you and start messaging your therapist right away. You can also visit the Premera behavioral health digital resource center at [blue.premera.com/BHsupport](https://blue.premera.com/BHsupport) to find useful resources, information on starting conversations, and more.



### OMADA HEALTH VIRTUAL CARE PROGRAM

[www.omadahealth.com/premera](https://www.omadahealth.com/premera)

**What is it:** Omada Health is a virtual physical therapy provider that is accessed by the member through a mobile app. With Omada Health, you will receive an individualized care plan built around your schedule with continuous support from a physical therapist. During an initial video consultation, members will be evaluated if the Omada Health recovery program is appropriate for their care. Members will be sent the equipment needed to complete their treatment program.



## VIRTUAL CARE WITH KAISER

As a Kaiser member, you are able to connect with providers online at [www.kp.org/wa/onlinevisit](https://www.kp.org/wa/onlinevisit). Through this tool, you can receive care for common conditions such as cold and flu symptoms, cough, sore throat, and other common non-life threatening life conditions. Through Kaiser, you will receive a response and any prescription made available within 2 hours (9:00 AM to 9:00 PM).