

City of Bellevue

Virtual Health Care Options

Premera Blue Cross has expanded access for general medicine, urgent care, behavioral health and physical therapy services.

Get care when and where you need it – and right now, that might be from home!

24-Hour Nurseline	Call to talk to a registered nurse at no charge, 24/7. 1-866-224-8541
Your Primary Care Doctor	Call or message your primary care doctor's office to see if they offer telehealth services.
98point6	Text-based primary care from a doctor, 24/7. 98point6.com/premera/
Doctor on Demand	Video-based general medical and mental health therapy, 24/7. doctorondemand.com/premera
Talkspace	Text or video-based care for mental health therapy. talkspace.com/premera
Physera	Video-based physical therapy for muscle and joint pain. Video chat with a physical therapist. physera.com/premera