

# PREMERA VIRTUAL CARE OPTIONS



## DOWNLOAD THE PREMERA MYCARE APP

Premera members have access to virtual healthcare from providers, therapists, and other specialists 24/7. Scan the QR code or download the Premera MyCare app from the Apple Store or Google Play for a list of all virtual care options, including the free NurseLine and Doctor on Demand.

## FREE 24-HOUR NURSELINE

HDHP and Mimic plan members can receive free advice, quick answers, and help with deciding where to go for care. The phone number is located on the back of the Member ID card (1-800-841-8343).



## DOCTOR ON DEMAND

Download the Doctor on Demand app, create an account, and connect face to face 24/7 with a doctor, psychiatrist or psychologist, through video on your iPhone or iPad.

If you prefer the desktop version, you can create an account at [www.doctorondemand.com](http://www.doctorondemand.com).



## COST

The cost of virtual care is significantly less than in-person care. Mimic plan members pay \$0 for medical care visits while HDHP members pay as little as \$60, or even less if the deductible has been met. You will always see your cost upfront and will not receive a surprise bill after your visit.



\*Note: The MyCare Alaska text option listed in the Premera MyCare app is being phased out. Please use Doctor on Demand.