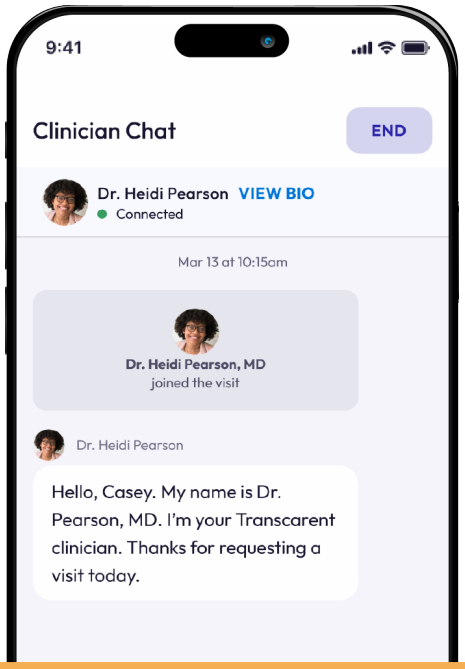
PREMERA BLUE CROSS BLUE SHIELD OF ALASKA | transcarent

Cold or flu? Talk to a doctor from your couch.

From sneezes to sore muscles—winter bugs happen.



Here's how to feel better fast, in 1-2-3!

1. **Get your flu shot**
   The earlier, the better—September or October is best—but it's never too late to protect yourself.

2. **Stay home when you're sick**
   If you don't feel well, rest and stay away from others to keep everyone healthy.

3. **Act fast with Virtual Care**
   Don't wait or guess about your symptoms. Start a virtual care visit through Transcarent to get treatment in minutes.

Available to you and your covered dependents ages 1+.

Chat with a doctor virtually, day or night

Quickly get the care you need.

- 24/7 messaging with providers
- Treatment for urgent care needs
- Prescriptions sent to your preferred pharmacy

Download the Transcarent app from the App Store or Google Play

Transcarent is not for emergencies. If you are experiencing a life-threatening emergency, call 911 immediately.

Transcarent is an independent company that provides virtual medical care services on behalf of Premera Blue Cross Blue Shield of Alaska

Premera Blue Cross Blue Shield of Alaska is an independent licensee of the Blue Cross Blue Shield Association

Scan here to download the app

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