

PREMERA VIRTUAL CARE RESOURCES

If you are enrolled in one of the Green Diamond Premera medical plans, you have access to a virtual care network of providers. Premera has virtual care vendors for primary, urgent, and mental health care along with virtual resources for substance abuse and physical therapy. Below is an overview of the virtual resources you have access to.



98point6

98point6.com/Premera

On-demand, text-based primary care. Connect with a primary care physician right from your phone, 24/7. Providers can answer health related questions and also treat and diagnosis illnesses.

PPO member cost share: \$10 copay

HDHP member cost share: deductible/coinsurance



Talkspace

redemption.talkspace.com/redemption/premera

Connect with a licensed behavioral therapist from anywhere, at any time. With Talkspace, you can send your therapist multimedia messages, including text, voice, photo, and video. In addition, you can work with your therapist to schedule a live-video session.

PPO member cost share: \$25 copay

HDHP member cost share: deductible/coinsurance



Boulder Care

boulder.care/premera

Telehealth addiction treatment grounded in kindness, respect, and unconditional support. Boulder offers help with everything from therapy, coaching, medication management, peer support, finding housing, and resolving insurance issues.

PPO member cost share: \$25 copay

HDHP member cost share: deductible/coinsurance



Workit Health

workithealth.com/premera

Online therapy program that can help you quit alcohol, drugs, smoking or other addictions. Just like at an in-person treatment center, you'll speak with a counselor, join online recovery groups, and receive medication if needed.

PPO member cost share: \$25 copay

HDHP member cost share: deductible/coinsurance



Premera Health Hub

gosolera.com/premera

Digital health and condition-management programs available at no additional cost. Through Health Hub, members can access support for goals such as tobacco cessation, digestive health, blood pressure management, and other wellness needs, with tools and guidance to help make them lasting healthy changes.

Members can get started by logging into their Premera account and selecting the Health Hub option to explore available programs.

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	Doctor on Demand doctorondemand.com/Premera Connect with board-certified doctors and licensed psychologists via live video from your phone, tablet or computer on demand 24/7, or by appointment. Providers can assist with sinus infections, skin conditions, coughs, stress & anxiety, and more. PPO member cost share: \$10 copay for primary care, \$30 copay for behavioral health HDHP member cost share: deductible/coinsurance
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	Omada for Joint & Muscle Health physera.com/go/premera Virtual physical therapy to help reduce pain and achieve lasting relief. The program provides support & individual exercise programs to address back pain, arthritis, injury recovery, and more. PPO member cost share: \$45 copay HDHP member cost share: deductible/coinsurance