



# Member Health Benefits 2019 Plan Year

## What Should I Do When I Am Sick?

If you have an urgent but non-life-threatening medical issue, you have options for treatment. Consider using one of the following resources to save time and money:

### 24-Hour Informed Health Line — 1-800-841-8343

Not sure where to go or how serious your symptoms are?

Speak with a registered nurse for help 24/7.



### Teladoc – 1-855-835-2362

24-hour access to treat conditions such as colds & flu, urinary infections, bronchitis and sinus problems.



### Urgent Care

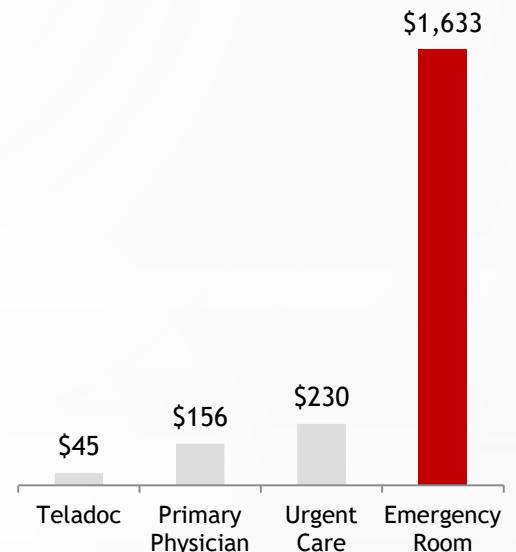
- ✓ No appointments needed
- ✓ Staffed by doctors
- ✓ Convenient hours
- ✓ Lower prices, less waiting



### Emergency Room

In true emergencies and life-threatening situations, call 911 or go to your local emergency room.

### Average Cost Per Visit



### Finding a Preferred Provider

Go online to [premera.com](http://premera.com)

- ✓ Log into your personalized info, or
- ✓ Click "Find a Doctor"

### Call Member Services

- ✓ Check the number on your ID card
- ✓ Call direct at 1 (800) 722-1471



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# Free Preventive Care

Get checkups, screenings, vaccines, prenatal care, contraceptives and more with no out-of-pocket costs through your Premera health benefits provided by Washington Service Corps.

### Examples of Preventive Care Services:

- Regular Checkups
- Routine Gynecological Exams
- Contraceptive Products and Services
- Flu Shots
- Many More!

Exclusions and limitations apply. Check your plan documents for details or contact Premera Member Services with questions.

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- ✓ Language assistance is available
- ✓ Call direct at 1(800) 722-1471