



Employee Health Benefits 2020 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.

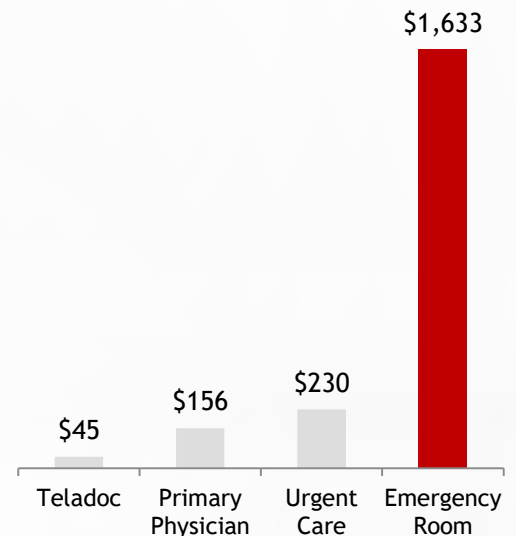
Not sure where to go or how serious your symptoms are?

Speak with a registered nurse for help 24/7.

Virtual Care Options

Vendor	Mode	Contact/Register
98point6	Text based	98point6.com/premera
Doctor on Demand	Video based	doctorondemand.com/premera
Teladoc	Phone or video	Teladoc.com/Premera or 855-332-4059

Average Cost Per Visit*



*2019 data



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

Finding a Preferred Provider

Go Online to premera.com

- ✓ Log into your personalized info, or
- ✓ Click "Find Care/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 member services with questions.

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