








# 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.

	<p><b>98point6</b> <a href="https://98point6.com/Premera">98point6.com/Premera</a></p> <p>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.</p> <p><b>PPO member cost share:</b> \$10 copay <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Doctor on Demand</b> <a href="https://doctorondemand.com/Premera">doctorondemand.com/Premera</a></p> <p>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 &amp; anxiety, and more.</p> <p><b>PPO member cost share:</b> \$10 copay for primary care, \$25 copay for behavioral health <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Talkspace</b> <a href="https://redemption.talkspace.com/redemption/premera">redemption.talkspace.com/redemption/premera</a></p> <p>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.</p> <p><b>PPO member cost share:</b> \$25 copay <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Boulder Care</b> <a href="https://boulder.care/premera">boulder.care/premera</a></p> <p>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.</p> <p><b>PPO member cost share:</b> \$25 copay <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Workit Health</b> <a href="https://workithealth.com/premera">workithealth.com/premera</a></p> <p>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.</p> <p><b>PPO member cost share:</b> \$25 copay <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Omada for Joint &amp; Muscle Health</b> <a href="https://physera.com/go/premera">physera.com/go/premera</a></p> <p>Virtual physical therapy to help reduce pain and achieve lasting relief. The program provides support &amp; individual exercise programs to address back pain, arthritis, injury recovery, and more.</p> <p><b>PPO member cost share:</b> \$40 copay <b>HDHP member cost share:</b> deductible/coinsurance</p>
	<p><b>Brightline</b> <a href="https://hellobrightline.com/premera-access">hellobrightline.com/premera-access</a></p> <p>A comprehensive behavioral health solution specifically designed to support children (age 3-17) and their families. Includes virtual mental health support with a child-centric clinic experience, a full care team, and a personal behavioral health coach.</p> <p><b>PPO member cost share:</b> \$25 copay for therapy; no charge for digital and coaching programs <b>HDHP member cost share:</b> deductible/coinsurance for therapy; no charge for digital and coaching programs</p>