

2025

# Preferred and Alaska One health plans

## FOR INDIVIDUALS AND FAMILIES

**Premera Blue Cross Blue Shield of Alaska is always in your corner. Wherever you are, we've got you covered.**

Open enrollment runs from November 1 through January 15.

Premera Preferred plans and the Alaska One plan are available to residents in the state of Alaska.

Some life events allow you to sign up for a health plan outside of open enrollment.

Visit [premera.com/special-enrollment](https://premera.com/special-enrollment) to find out more.



### Choose your providers

Choose the Legacy and Dental Select network providers who are the right fit for your primary, urgent, specialty, alternative, and hospital-based care. The Find a Doctor tool makes it easy at [premera.com/find-a-doctor](https://premera.com/find-a-doctor).



### Be covered for the important things

Get preventive exams, screenings, and vaccinations at no extra cost to you.

Essential healthcare benefits include maternity and newborn care, emergency visits, prescription drugs, and mental health support.



### Get virtual and 24/7 care

Video chat with a **Doctor On Demand** provider for everyday, urgent, and mental health care.

Access video-based opioid use and alcohol use disorder treatment (for ages 18+) from the privacy of your home with **Boulder Care**.

Call the **24-Hour NurseLine** to get no-cost advice about how to treat symptoms or when to seek additional care.



### Secure and convenient access to health information

Manage your health plan anytime with your online Premera member account. Log in to access your digital ID card, view plan documents, look up claims, compare procedure costs, make payments, and more.

Stay informed about your healthcare by opting in to personalized text alerts on your mobile phone.



### Dental care for your oral health

Pediatric dental benefits cover a range of preventive, diagnostic, basic, and major dental services.

Adult dental benefits cover routine dental care like cleanings, exams, and X-rays (except plans eligible for health savings accounts).



## Medical transportation benefits

Premera plans provide travel benefits to cover costs when you need to travel for essential medical care. The medical access transportation benefit reimburses you for round-trip air or ground transportation to the nearest in-network provider when local care isn't available.

The Elective Procedure Travel program reimburses you for certain travel expenses to the Seattle area for preapproved, non-emergency procedures.



## Get more

**Wellness:** Get discounts on fitness programs and memberships with Active&Fit Direct.

**Prescription savings:** Save on your prescriptions by using our Express Scripts mail-order pharmacy and Rx Savings Solutions program.

**Care management:** Get support to coordinate care, navigate the healthcare system, or manage chronic medical conditions.



## Know your plan options

Premera offers **gold, silver, and bronze plans** to fit your needs and budget. Metal levels refer to how you and your plan split the costs of your care, not the plan quality.

The **Alaska One plan** does not cover elective abortion.

Use **in-network** providers and facilities for the greatest savings. Out-of-network care is not covered, except for emergencies.

Cost-sharing for **essential health benefit services** provided by preferred and non-preferred providers accumulate toward meeting the annual in-network out-of-pocket maximum.

Some plans with a high deductible let you set up a **health savings account (HSA)** to save and invest your money for qualified healthcare costs. An HSA has tax advantages.

**Cost-sharing reductions (CSR)** are discounts that lower the amount you pay and are only available to qualified households on silver plans.

Visit [premera.com/how-health-plans-work](https://premera.com/how-health-plans-work) to find out more about health plans.



## Get started now at [premera.com](https://premera.com)

Call **844-961-9847**

Premera producers, also known as licensed agents or brokers, can help you select a health plan.

## Discrimination is Against the Law

Premera Blue Cross Blue Shield of Alaska (Premera) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email [AppealsDepartmentInquiries@Premera.com](mailto:AppealsDepartmentInquiries@Premera.com). You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

## Language Assistance

**PAUNAWA:** Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-809-9361 (TTY: 711).

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-809-9361 (TTY: 711).

**주의:** 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-809-9361 (TTY: 711) 번으로 전화해 주십시오.

**LUS CEEV:** Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 800-809-9361 (TTY: 711).

**ВНИМАНИЕ:** Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-809-9361 (телетайп: 711).

**注意:** 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-809-9361 (TTY: 711)。

**MO LOU SILAFIA:** Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se togoti, mo oe, Telefoni mai: 800-809-9361 (TTY: 711).

**ໂປດຊາບ:** ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-809-9361 (TTY: 711).

**注意事項:** 日本語を話される場合、無料の言語支援をご利用いただけます。800-809-9361 (TTY:711) まで、お電話にてご連絡ください。

**PAKDAAR:** Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 800-809-9361 (TTY: 711).

**CHÚ Ý:** Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-809-9361 (TTY: 711).

**УВАГА!** Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-809-9361 (телетайп: 711).

**เรียน:** ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 800-809-9361 (TTY: 711).

**ACHTUNG:** Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-809-9361 (TTY: 711).

**UWAGA:** Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-809-9361 (TTY: 711).

**ملحوظة:** إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-809-9361 (رقم هاتف الصم والبكم: 711).

**ATANSYON:** Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-809-9361 (TTY: 711).

**ATTENTION:** Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-809-9361 (ATS: 711).

**ATENÇÃO:** Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-809-9361 (TTY: 711).

**ATTENZIONE:** In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-809-9361 (TTY: 711).

800-809-9361 (TTY: 711)

**توجه:**