

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 of Alaska. Some life events allow you to sign up for a health plan outside of open enrollment. Visit [premera.com/special-enrollment](https://www.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://www.premera.com/find-a-doctor).



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.



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.



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.



Secure and convenient access to health information

Manage your health plan online anytime with the new and improved Premera member portal. Log in to access your digital ID card, view plan documents, look up claims, compare procedure costs, make payments, and more. It's fast, easy, and mobile friendly.

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



Dental care for oral health

Pediatric dental: Pediatric dental benefits are included in our Preferred and Alaska One plans and cover a range of preventive, diagnostic, basic, and major dental services.

Family dental: Adult dental benefits are not included in our Preferred and Alaska One plans. Add dental coverage for the whole family with a Premera family dental plan through healthcare.org.



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 accumulates 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 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 to find out more about health plans.



Get started now at premera.com

Call **844-961-9847**

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