

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.

Qualifying life events may allow you to enroll outside of open enrollment. Visit premera.com/special-enrollment to find out more.



Find providers who fit your needs

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.



Coverage for what matters most

Get 100% coverage for vital preventive exams, screenings, and vaccines.

Your plan covers essential health benefits, including maternity and newborn care, mental health support, emergency visits, and prescription drugs.



Get virtual and 24/7 care

- **Urgent medical care:** Board-certified doctors via Transcarent
- **Mental health therapy:** Spring Health
- **Substance use disorder treatment:** Boulder Care
- **Free advice anytime:** 24-Hour NurseLine



Manage your health plan from anywhere

Enjoy account management that's faster, more intuitive, secure, and mobile-friendly so you can access plan information from anywhere.

Plus, stay informed about your healthcare with optional personalized text alerts.



Medical transportation benefits

Premera plans include benefits that help cover costs when you need to travel for essential medical care. The medical access transportation benefit reimburses round-trip travel to the nearest in-network provider when care isn't available locally.

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



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 Premiera family dental plan through [healthcare.gov](https://www.healthcare.gov).



Get more from your coverage

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

Matchmaker™ for Behavioral Health: Get a custom list of mental health providers based on your unique preferences.

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

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



Know your plan options

Premiera 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 [premiera.com/how-health-plans-work](https://www.premiera.com/how-health-plans-work) to find out more about health plans.



Ready to find the right plan?

Get started now at [premiera.com](https://www.premiera.com) or **844-961-9845**.

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

Notice of availability and nondiscrimination 800-508-4722 | TTY: 711

Call for free language assistance services and appropriate auxiliary aids and services.

Tumawag para sa mga libreng serbisyo ng tulong sa wika at angkop na mga karagdagang tulong at serbisyo.

Llame para obtener servicios gratuitos de asistencia lingüística, y ayudas y servicios auxiliares apropiados.

무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.

Hu thov kev pab txhais lus pub dawb thiab lwm yam khoom pab dawb thiab kev pab cuam ua tsim nyog.

Звоните для получения бесплатных услуг по переводу и других вспомогательных средств и услуг.

呼吁提供免费的语言援助服务和适当的辅助设备及服务。

呼籲提供免費的語言援助服務和適當的輔助設備及服務。

Vala'au mo auaunaga tau fesoasoani mo gagana e leai ni totogi ma fesoasoani fa'aopo'opo talafeagai ma auaunaga.

ໂທເພື່ອຮັບການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ເໝາະສົມແບບບໍ່ສຍຄ່າ.

無料言語支援サービスと適切な補助器具及びサービスをお求めください。

Tumawag para kadagiti libre a serbisio iti tulong iti pagsasao ken dagiti nakanada nga aid ken serbisio iti komunikasion.

Gọi cho các dịch vụ hỗ trợ ngôn ngữ miễn phí và các hỗ trợ và dịch vụ phụ trợ thích hợp.

Звертайтеся за безкоштовною мовною підтримкою та відповідними додатковими послугами.

ติดต่อขอบริการช่วยเหลือด้านภาษาฟรีพร้อมความช่วยเหลือและบริการอื่นๆ เพิ่มเติม

Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.

Zadzwoń, aby uzyskać bezpłatną pomoc językową oraz odpowiednie wsparcie i usługi pomocnicze.

Rele pou w jwenn sèvis asistans lengwistik gratis ak èd epi sèvis oksilyè ki apwopriye.

Appelez pour obtenir des services gratuits d'assistance linguistique et des aides et services auxiliaires appropriés.

Ligue para serviços gratuitos de assistência linguística e auxiliares e serviços auxiliares adequados.

Chiama per i servizi di assistenza linguistica gratuiti e per gli ausili e i servizi ausiliari appropriati.

اتصل للحصول على خدمات المساعدة اللغوية المجانية والمساعدات والخدمات المناسبة.

برای خدمات کمک زبانی رایگان و کمک‌ها و خدمات امدادی مقتضی، تماس بگیرید.

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, or sex, including sex characteristics, intersex traits, pregnancy or related conditions, sexual orientation, gender identity, and sex stereotypes. Premera does not exclude people or treat them less favorably because of race, color, national origin, age, disability, or sex. Premera provides people with disabilities reasonable modifications and free appropriate auxiliary aids and services 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 assistance services to people whose primary language is not English, which may include qualified interpreters and information written in other languages. If you need reasonable modifications, appropriate auxiliary aids and services, or language assistance services, contact our 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, or sex, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, TTY: 711, Fax: 425-918-5592, Email AppealsDepartmentInquiries@Premera.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, our 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>.