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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross health plan.* |
| The doctor will see you nowIf you’re at home or on the road, Teladoc® can be your go-to resource for convenient, quality medical care. With your Premera health plan, you and your covered dependents can get virtual care by phone or video from a board-certified doctor for common conditions like cold or flu symptoms, ear infections, or allergies.\*Doctors can consult, diagnose, and prescribe any medications you need—saving you a trip to the urgent care clinic or the emergency room.It’s fast and easy to get started:* Open the Premera mobile app (available on Android and iOS)
* Select Find Care
* Register and connect to Teladoc in less than 5 minutes

Once your account is set up, you can reach Teladoc anytime day or night through the Premera mobile app. To call Teladoc: **855-332-4059**. **TIP**Set up your account now so you’re ready when you need care. \*Teladoc® is an independent company that provides virtual medical care services on behalf of Premera Blue Cross. Teladoc operates subject to state regulation and may not be available in certain states. Teladoc does not guarantee that a prescription will be written. Teladoc does not prescribe DEA-controlled substances, non-therapeutic drugs and certain other drugs that may be harmful because of their potential for abuse. Teladoc physicians reserve the right to deny care for potential misuse of services.  |
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