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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.* |
| Healthcare coverage wherever you goAs a Premera Blue Cross member, your healthcare benefits travel with you wherever you go. **Within the United States**In spirited cities and peaceful countryside, Premera is there wherever you need care. The BlueCard® program is your ticket to a nationwide network of providers.**What to know** * Call Premera for prior authorization, if necessary. The phone number is on the back of your member ID card.
* PPO members: See a BlueCard PPO provider to get the highest benefit level.

**Outside the United States**You have access to doctors and hospitals in nearly 200 countries and territories around the world through the Blue Cross Blue Shield Global Core® program.**What to know*** Contact Premera before you travel. Coverage outside the United States may be different.
* If you need medical care, call the Blue Cross Blue Shield Global Core Service Center:
* 800-810-BLUE (2583)
* 804-673-1177 (call collect)
* Also, call Premera for prior authorization, if necessary. The phone number is on the back of your member ID card.
* An assistance coordinator at the Service Center—in conjunction with a medical professional—will arrange a doctor visit or hospitalization, if necessary.
* You may need to pay upfront for care. To file a claim:
* Complete a Blue Cross Blue Shield Global Core International claim form found on [bcbsglobalcore.com](https://www.healthwise.net/pbc/Content/CustDocument.aspx?XML=STUB.XML&XSL=CD.FRONTPAGE.XSL).
* Submit the completed form and bill(s) one of these ways:
	+ - To the Service Center address on the form
		- Online at [bcbsglobalcore.com](https://www.healthwise.net/pbc/Content/CustDocument.aspx?XML=STUB.XML&XSL=CD.FRONTPAGE.XSL).
		- Through the Blue Cross Blue Shield Global Core mobile app

**Wherever you go*** Always carry your Premera ID card.
* In an emergency, call 911 or go directly to the nearest hospital.
* You only pay the normal out-of-pocket expenses for your plan (noncovered services, deductible, copayment, and coinsurance).

**To find doctors and hospitals*** Visit the National Doctor and Hospital Finder at BCBS.com
* Use the Blue Cross Blue Shield Global Core mobile app\*
* Call BlueCard Access® at 800-810-BLUE (2583)
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