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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.* |
| Easy ways to find in-network care and more With Peak Care, it’s easy to find the care you need, whether it’s a doctor, specialist, urgent care, or a hospital. And when you need care virtually, Peak Care has you covered there, too.  With Peak Care’s Tahoma network, you have access to more than 3,900 providers across Washington state, including MultiCare Connected Care, Indigo Urgent Care, Capital Medical Center, and Vivacity Care centers. It includes chiropractors, acupuncturists, naturopaths, and massage therapists too.  **Money saving care options**   * Free 24-Hour NurseLine accessible through the Peak Care VIP line: 855-250-7325 * MultiCare Indigo Online Care —On-demand virtual visits or schedule a visit with your provider from your favorite device. * MultiCare Indigo Urgent Care —Care that costs less than the emergency room and backed by a money back guarantee if you are not satisfied.   **Virtual Care**  Primary care, urgent care, mental health, substance abuse disorder, chemical dependency, maternity and other specialized virtual care options, when and where you need it—365 days a year. Sign in to your secure Premera account for details on your virtual care options and to review your personalized plan benefit details.  **Referrals are not required for specialty appointments.** If you see a provider outside of the Tahoma network in Washington, you must have a referral or your care will not be covered.  When traveling out of state, you have access to care with the BlueCard Program. |
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