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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.* |
| SafeRide and Dispatch Health Don’t let transportation be a barrier to care. As a Peak Care member, you have access to two convenient and easy-to-use resources to help you get care, when or where you need it.  **Free rides to care**  Take the hassle out of getting to the doctor’s office. Use SafeRide1 and get a free ride up to 25 miles to and from your appointment location.   * Round-trip rides can be scheduled within a 2-hour window. * There is a limit of 10 one-way rides within a 12-month period.   **Care that comes to you**  Get access to a Dispatch Health2 medical team that will arrive within a few hours of scheduling a visit, ready to treat your illness or injury in the privacy and comfort of your home.   * Provides advanced medical care in your home * Covers a wide range of injuries and illnesses, from common to complex * Visit [dispatchhealth.com/](https://www.dispatchhealth.com/) for additional information.   **TIP**  SafeRide and Dispatch Health can be scheduled by calling the Peak Care VIP line at 855-250-PEAK (7325).  1 SafeRide is an independent company that provides transportation services on behalf of Premera Blue Cross.  2 Dispatch Health is an independent company that provides in-home healthcare services on behalf of Premera Blue Cross. |
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