

Behavioral health care options during the pandemic

The COVID-19 pandemic can have an immediate and lasting impact on your mental health.

Premera Blue Cross is expanding access to telehealth services for behavioral health, including mental health care and substance use disorder treatment, with additional providers and covered services.

Get care when and where you need it—and right now that's at home.

You can get services by phone, video, and text from local healthcare providers in your network, such as:

COUNSELORS

THERAPISTS

PSYCHOLOGISTS

PSYCHIATRISTS

Members can also obtain care from our expanded national network of behavioral health telehealth providers.

Talkspace	Text, audio, or video-based care for mental health therapy REGISTER at talkspace.com/premera
Teladoc®	Audio or video-based behavioral health care from a doctor, 24/7 VISIT teladoc.com/premera or call 855-332-4059
Doctor On Demand	Video-based mental health therapy, 24/7 REGISTER at doctorondemand.com/premera
Boulder Care	Treatment for opioid use disorder Video visits and messaging with a therapist REGISTER at boulder.care/getstarted
Workit Health	Treatment for alcohol use disorder Live chat and video visits with a therapist REGISTER at workithealth.com/premera

Additional covered telehealth services on your plan now include:

- Applied behavioral analysis (ABA)
- Partial hospitalization programs (PHP) for mental health and substance use disorders
- Intensive outpatient programs (IOP) for mental health and substance use disorders

Log in to your account at premera.com to find out more about your plan and for up-to-date information on getting care for COVID-19.

IMPORTANT INFORMATION:

- You do not need a referral for telehealth services or providers.
- Telehealth cost shares will be waived for in-network providers through December 31, 2020.
- If a telehealth provider charges you a copay, deductible, or coinsurance for telehealth services through December 31, 2020, Premera or the telehealth provider will reimburse you when the claim is processed.
- Expanded network providers (Doctor On Demand, Boulder Care, Workit Health) available until December 31, 2020.

Please note: Due to increased demand, there is currently an increase in wait times with these telehealth resources.

Notice of availability and nondiscrimination 800-722-1471 | TTY: 711

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

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

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。

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

무료 언어 지원 서비스와 적절한 보조 도구 및 서비스를 신청하십시오.

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

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

Звертайтеся за безкоштовною мовною підтримкою та відповідними додатковими послугами.

សូមហៅទូរសព្ទទៅសេវាជំនួយភាសាដោយឥតគិតថ្លៃ ព្រមទាំងសេវាផ្សេងៗ ដើម្បីជួយចំណាត់ថ្នាក់ដល់សមាស្ស័យផ្សេងៗ។

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。

ለነፃ የቋንቋ እርዳታ አገልግሎቶች እና ተገቢ ድጋፍ ሰጪ አጋዥ ሙሳሪዎችን እና አገልግሎቶችን ለማግኘት በስልክ ቁጥር

Tajaajiloota deeggarsa afaan bilisaa fi gargaarsaa fi tajaajiloota barbaachisaa ta'an argachuuf bilbilaa.

ਮੁਫਤ ਭਾਸ਼ਾ ਸਹਾਇਤਾ ਸੇਵਾਵਾਂ ਅਤੇ ਉਚਿਤ ਸਹਾਇਕ ਚੀਜ਼ਾਂ ਅਤੇ ਸੇਵਾਵਾਂ ਵਾਸਤੇ ਕਾਲ ਕਰੋ।

Fordern Sie kostenlose Sprachunterstützungsdienste und geeignete Hilfsmittel und Dienstleistungen an.

ໃຫ້ເພື່ອຮັບການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ ແລະ ການບໍລິການ ແລະ ການຊ່ວຍເຫຼືອພິເສດທີ່ເໝາະສົມແບບບໍ່ເສຍຄ່າ.

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.

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

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.

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