

OVERVIEW

Our largest network just got bigger

Premera Blue Cross Blue Shield of Alaska has reimagined its already-broad network with expanded and integrated virtual care offerings. This will significantly increase access to primary and hard-to-get specialized care for your employees.

Employer benefits

Our virtual care offerings expand in-network access for primary and urgent care. They also provide an easy care route for mental health, substance use disorder, and physical therapy.

- **Expanded access:** Your employees now have more choices when it comes to how they want to access virtual care. They can access care via text, video, phone, or chat, and can do so from the safety, convenience, and comfort of their homes.
- **Increased productivity:** Your employees will no longer have to take time off work to see a primary care physician, as virtual visits are available at convenient times.
- **Improved experience:** Your employees no longer have to wait days or weeks for care. They have on-demand access to a variety of care options, allowing them to receive care faster and get a diagnosis sooner.

Contact your Premera representative for more information on how these virtual care offerings can meet the needs of your business.

CHECK OUT OUR VIRTUAL CARE OFFERINGS ON THE NEXT PAGE.



Interest and use of virtual care is a priority for those seeking care.

Up to

67%

of patients would like to seek healthcare in the future with virtual care.¹

80%

of employers believe integrating virtual care with in-person care services creates a valuable impact.²

22%

in savings when an employee has a telehealth visit compared to an in-person visit.³

¹Chang, Eva, et al. "Patient Characteristics and Telemedicine Use in the US, 2022." JAMA Network Open, vol. 7, no. 3, 22 Mar. 2024, p. e243354, jamanetwork.com/journals/jamanetworkopen/fullarticle/2816685, https://doi.org/10.1001/jamanetworkopen.2024.3354.

²"Telehealth and Virtual Care Policy Position Statement." Businessgrouphealth.org, 2024, www.businessgrouphealth.org/resources/business-group-on-healths-position-statement-on-telehealth. Accessed 3 Oct. 2024.

³"Employee Telemed Visits 25 Percent Less Costly for Health System." Www.pennmedicine.org, www.pennmedicine.org/news/news-releases/2023/june/employee-telemed-visits-25-percent-less-costly-for-health-system.

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BLUE CROSS BLUE SHIELD OF ALASKA

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Primary, urgent, and mental health care

Doctor On Demand

Video and phone-based primary/urgent care and mental health therapy

Talkspace

Mental health therapy via messaging and live video

Substance use disorder

Boulder Care

Treatment for opioid use disorder* and alcohol use disorder. Video visits and messaging with a clinician and dedicated peer coach support

Workit Health

Treatment for opioid use disorder* and alcohol use disorder. Video visits and messaging with a clinician, online group therapy, and self-led evidence based trainings

Rehabilitation (physical therapy)

Omada

Virtual physical therapy with a dedicated, licensed physical therapist through video and phone

*Medically assisted treatment (MAT) is dependent on a member's location. Contact your Premera account representative for more information.

Doctor On Demand, Talkspace, Boulder Care, Workit Health, and Omada are independent companies that do not provide Blue Cross Blue Shield products or services.