



# Because the flu doesn't know it's the weekend.

With 24/7 care available through Doctor On Demand, you don't have to wait for office hours to be seen. Connect with a board-certified provider in minutes right from your smartphone, tablet, or computer.

## What we treat

Some examples of how our providers can help:

- |                  |                          |
|------------------|--------------------------|
| Coughs           | Urinary tract infections |
| Sinus infections | Cold, flu, & COVID-19    |
| Stress & anxiety | Skin conditions & rashes |
| Doctor's notes   | And more...              |

Start a visit at [doctorondemand.com/premera](https://doctorondemand.com/premera)

## What it costs

Doctor On Demand video visits cost far less than a trip to the Emergency Room or Urgent Care. And best of all, we're part of your health benefits.

No waiting rooms, no traffic, no child care necessary. Get care around the clock, in your jammies in as little as 5 minutes.

You'll always see your copay before your visit and there is never any surprise billing.

## Get started.

Join Doctor On Demand in 3 easy steps.



Download the app or visit:  
[doctorondemand.com/premera](https://doctorondemand.com/premera)



Sign up and create  
an account



Add your  
coverage