OVERVIEW

Care at your fingertips

Our general medical, mental health, and substance use virtual care bundles deliver fast, personalized, and affordable care to keep your workforce healthy and thriving. These bundles simplify access to the most common virtual care specialties, reducing healthcare costs through a seamless, employee-focused experience.

Employer benefits

Our carefully selected virtual care offerings significantly expand in-network access to high-quality primary/urgent care and treatment for mental health and substance use disorder. Benefits include:

- **Expanded access**—Your employees can access care via text, video, phone, or chat, and they can do so from the safety, convenience, and comfort of their homes.
- **Increased productivity**—Virtual visits are available at a time most convenient for them.
- **Improved experience**—Employees have on-demand access to a variety of care options, which allows them to receive care faster and diagnoses sooner.
- **Better value**—Drive high-value care choices with customizable cost shares for virtual services.**

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.



24%

expected **virtual care usage growth** from 2024 to 2030.[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]

$1,500+

savings per visit by **diverting patients from emergency departments to virtual care**.[4]

PREMERA | BLUE CROSS

Our selected vendors undergo a thorough review process. Key focus areas include:

- Member data security
- Clinical outcomes
- Provider coverage
- Group and member satisfaction

Primary/urgent care + mental health

98point6

Video and text-based primary/ urgent care from a doctor

Spring Health

Video and phone-based 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. Includes video visits and messaging with a clinician and dedicated peer coach support

Workit Health*

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

Due to evolving regulatory requirements, virtual care services for substance use disorder are available only in limited geographies.

PREMERA

The virtual front door to care

Accessing virtual care is fast and easy with the Find Care tool on the Premera mobile app or website. Members see care options tailored to their plan, all in one place—no searching required.

✓ **Fully insured:**	included as part of your plan
✓ **OptiFlex:**	included as part of your plan
✓ **Self-funded:**	opt in, per employee, per month cost

[1]Telehealth Market Size, Share, Growth Analysis Report, 2030." grandviewresearch.com. Accessed 20 Sept. 2024.

[2]Telehealth and Virtual Care Policy Position Statement." Businessgroupthealth.org, 2024, 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." pennmedicine.org/news/news-releases/2023/june/employee-telemed-visits-25-percent-less-costly-for-health-system.

[4]Garrison Nord BBA, et al. "On-Demand Synchronous Audio Video Telemedicine Visits Are Cost Effective." The American Journal of Emergency Medicine, W.B. Saunders, 7 Aug. 2018, sciencedirect.com/science/article/abs/pii/S0735675718306533.

*Services provided by Boulder Care and Workit, including medically assisted treatment (MAT) is dependent on a member's location. Contact your Premera account representative for more information.

**Customized cost shares subject to review and approval.

98point6, Spring Health, Talkspace, Boulder Care, and Workit Health are independent companies that do not provide Blue Cross Blue Shield products or services.

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052974 (10-01-2025)