



These newest virtual providers are integrated into your health plan and provide:

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- Great customer experience by addressing your healthcare issues in a timely manner and providing treatment options within minutes

Avoid an unnecessary trip to your in-person provider, urgent care, and

You can receive care for a spectrum of conditions in the privacy and

### Getting Started

Connect to your myCare or Doctor on Demand apps directly on  
\* If you haven't already, download the

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**d** Ask your HR representative for more information or log in to your account at [premera.com](https://premera.com)

\*If you already have the myCare or Doctor On Demand apps downloaded, you can continue using as is. You are not required to access through the Premera app.

Discrimination is Against the Law

Premera Blue Cross Blue Shield of Alaska (Premera) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.