



You have options for care, when and where you need it

24-Hour NurseLine: Talk with a nurse any time for free.

It's after hours, and you have pain, an injury, or a fever. Who can help you decide what to do?

If you need advice or help deciding if you need immediate medical care, call the free 24-Hour NurseLine at **800-845-8905**. You can also find this number on the back of your Premera ID card.

With the 24-Hour NurseLine, you can talk with a registered nurse any time of day or night, 365 days a year.

A registered nurse will help you with the following:

- Provide free, confidential medical advice.
- Ask you about your symptoms and concerns.
- Assist you in your decision to seek care or treat at home.

Teladoc Health: Virtual care at no-cost to you.

Teladoc Health is a convenient and affordable care option for a variety of medical services, including general medical care, dermatology, and mental health care. This service is available at no cost to you.

Access quality healthcare 24 hours a day from the comfort of your own home by phone or video. You can even get a prescription sent to your local pharmacy when medically necessary.

To speak with a provider or to schedule an appointment with a therapist, visit teladochealth.com/premera or call **855-332-4059**.