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| *This message is part of an email series offering tips for good health and advice to help you understand and get the most out of your Premera Blue Cross Blue Shield of Alaska health plan.* |
| Premera MyCare: Get care now **Treatment should be easy on you and your wallet**  We know that sitting in a crowded waiting room isn’t fun, especially when you  or a family member is sick.  **Don’t wait to feel better**  Through the [Premera MyCare app](https://www.premera.com/visitor/mycare?WT.z_redirect=www.premera.com%2Fmycare%2F), you can get seen virtually right now. Premera MyCare offers low-cost, convenient, and high-quality care from the comfort of your home. Get access to virtual care providers\* for timely treatment options including:   * Primary care * Health management * Mental health and substance use * Prescriptions   You can feel confident getting care with Premera MyCare, because  you’ll only see providers that are covered by your plan, in real time.  Download the [Premera MyCare app](https://www.premera.com/visitor/mycare?WT.z_redirect=www.premera.com%2Fmycare%2F) and get the care you need now.  \*Not all virtual care providers are available on all plans. Sign in to Premera MyCare to view your options. |
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