

Virtual care — anytime, anywhere

Primary, urgent, and mental health care

Illness can occur at any time. So why wait for office hours to have your medical concerns addressed?

Whether it's primary, urgent, or mental health care, the Premera virtual care network prioritizes our members' needs. Providers are just a few clicks away, and ready to offer you the care you need.*



On-demand video and text-based primary care where general medicine and primary care providers are available to answer your questions. They can diagnose and treat you if you're sick or have a chronic condition. Sign in to the [Premera mobile app](#) to access 98point6 from the Find Care section.



Receive mental health therapy by phone or video chat for ages 6 and older. Psychiatric and medication management are also available for ages 18 and older. Sign in to the [Premera mobile app](#) to access Spring Health from the Find Care section.



Receive virtual access to a licensed therapist through text or video for non-urgent mental health care. Sign in to the [Premera mobile app](#) to access Talkspace from the Find Care section.

*If you already have the 98point6, Spring Health, or Talkspace apps downloaded, you can continue using them as is. You are not required to access them through the Premera mobile app.

98point6, Spring Health, and Talkspace are independent companies that provide virtual care services on behalf of Premera Blue Cross Blue Shield of Alaska.



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