HEALTH CARE & BENEFITS DIVISION

Understanding Your Benefits

Cold & Flu Season Resources

Available to All State Plan Members

No-Cost 24/7 Virtual Telehealth

Watch this presentation to learn how to use the no-cost Virtual Primary Care service available to you anytime, anywhere, when you need it!

- Board-certified providers are available anytime and anywhere in the United States.
- Usually takes less than 15 minutes to connect with a provider.
- Common conditions treated include allergies, cold/cough/flu, earaches, fever, follow-up appointments, headache, medication refills, nausea, rashes and bites, sinus infection, sore throat, and more.
- Learn more from the **Frequently Asked Questions Flyer**.
- Schedule an appointment anytime at **mypremisehealth.com**.

24/7 Nurse Line

- Call **BCBSMT's nurse line** at **(877) 213-2565** to get answers to your health questions 24 hours a day, seven days a week.

- The toll-free nurse line can help you or a covered family member get answers to health related questions such as dizziness or severe headaches, high fever, sore throat, asthma or chronic health issues, etc.

Plus, when you call, you can access an audio library of more than 1,200 health topics — from allergies to women's health — with more than 600 topics available in Spanish.

COVID-19 Testing

At-Home COVID-19 Tests

- Starting September 25, 2023, every U.S. household may place an order to receive four free COVID-19 rapid tests. More information at **covid.gov/tests**.
- Some at-home COVID-19 test kits now have an extended expiration date. **Click to learn more**.

Montana Health Centers

- The Montana Health Centers provide on-site COVID-19 testing. All tests must be ordered by a provider. If you do not have a provider order, you must schedule a provider visit and see a provider before being tested.
- Make an appointment with a provider at **mypremisehealth.com** or call (855) 200-6822.

Additional Resources

- **One Health Clinics** throughout Montana offer no-cost testing to State Plan members.
- Additional state-wide resources at **covid19.mt.gov**.

Flu & COVID-19 Vaccinations

COVID-19 and Flu vaccinations may be administered at the same time.

Montana Health Centers

- Flu or COVID-19 vaccinations may be administered during on-site medical visits with a provider by requesting it upon arrival or add it to the "What is the most important thing you want addressed during this visit?" section when scheduling your appointment.
- Flu shots are available at the Montana Health Centers and offsite events. Appointments can be made at **mypremisehealth.com** or by calling (855) 200-6822.
  - To receive a COVID-19 vaccine during your flu shot appointment request it upon arrival or add it to the "What is the most important thing you want addressed during this visit?" section when scheduling your appointment.
- COVID-19 specific appointments are not available online and may be scheduled by calling (855) 200-6822.

Additional Locations

- **One Health Clinics** throughout Montana offer no-cost flu and COVID-19 vaccinations. Call the clinic directly to schedule an appointment or ask to add it on

when checking in for another scheduled appointment.
- Vaccines are also available at local pharmacies and medical centers by scheduling an appointment directly with the provider.

Flu and COVID-19 vaccinations are fully covered on the State Plan when a member uses an in-network pharmacy, provider, and/or facility.

Finding Additional In-Network Care

Find an in-network pharmacy at **navitus.com** by logging into your account and searching for an in-network pharmacy.

Find an in-network provider, clinic, hospital and/or facility:

1. Go to **bcbsmt.com** *(members may either sign into their BCBSMT account or search as a guest)*
2. Click "Find Care" tab
3. Select "Find a Doctor or Hospital"
4. Choose "Blue Preferred PPO" as the plan/network type

STATE OF MONTANA HEALTH CARE & BENEFITS DIVISION

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