

# Healthcare coverage wherever you go.

As a Premera Blue Cross member, your healthcare benefits travel with you wherever you go.

## Within the United States



If you have a small PPO suitcase icon on your member ID card, you have BlueCard®, which provides in-network access to providers nationwide, including in Puerto Rico and the U.S. Virgin Islands.

Call the BlueCard provider locator at **800-810-BLUE (2583)**. This number is also included on the back of your member ID card. Or sign in to your account on [premera.com](https://premera.com) to find providers in your network.

## Outside the United States



GLOBAL CORE

Through the Blue Cross Blue Shield Global® Core program, you have access to doctors, hospitals, support tools, and resources around the world.

Before you travel abroad, here are a few tips to prepare:

- Call Premera to understand your benefits.
- Visit [bcbsglobalcore.com](https://bcbsglobalcore.com).
- Call the BCBS Global Core service center at **800-810-BLUE (2583)**.
- Download the BCBS Global Core program app at [bcbsglobalcore.com/home/mobileapp](https://bcbsglobalcore.com/home/mobileapp).

## Wherever you go



- Always carry your Premera member ID card.
- In an emergency, go directly to the nearest hospital.
- You only pay the normal out-of-pocket expenses for your plan.

PREMERA | 

BLUE CROSS

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