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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 health plan.* |
| See a doctor for preventive care—at no cost to you!When you receive routine preventive care, your Premera health plan pays for the services—you don’t!By getting preventive care, you:* Help avoid serious health problems—and additional healthcare costs—before they start
* Stay healthy for the people at home and at work who count on you

Preventive services may include screenings, vaccinations, and medications. You can get the full preventive care list and guide to using your benefits on our [preventive care page](https://www.premera.com/visitor/care-essentials/preventive-care). Call your doctor’s office to find out which preventive care services are right for you.**Which services aren’t considered preventive?**During your visit, your doctor may find a problem that needs more screenings or tests to pinpoint the issue. If you manage an ongoing health issue, your doctor may run further tests. Screenings and tests that diagnose or monitor your condition are not preventive services and may require you to pay out-of-pocket costs. |
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