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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.* |
| Vaccinations made easy? That’s right!You can head off some serious illnesses before they happen with vaccinations. Vaccinations protect you by building your immune system to fight against a variety of serious diseases.These preventive shots are available at little to no cost at an in-network pharmacy. And they can help protect against several diseases, such as:* Seasonal flu
* Adult shingles
* Pneumococcal

Many pharmacies have extended or weekend hours, so you can be vaccinated when it fits your schedule. Just show your Premera ID card to the pharmacist.TIPSign in at [**premera.com**](https://www.premera.com/sign-in) and check your member booklet to find out which vaccinations your health plan covers. |
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