|  |
| --- |
| *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.* |
| Eat well. Sleep well. Live well. Lifestyle diseases are preventable illnesses, and they include serious conditions such as:   * Heart disease * Type 2 diabetes * Obesity * High blood pressure * Some cancers   Practice these good habits to help you enjoy a healthy life:   * **Eat a healthy diet:** Put colorful fruits and vegetables on the menu. Nutritional counseling is a part of every Premera health plan. For information, call the customer service number on the back of your card. * **Stay active:** Choose an activity you enjoy, and you’ll be more likely to stick with it. * **Get enough sleep:** Over time, good sleep can benefit your weight, heart, and mood. It may even help you live longer.   **Personalized help**  Premera has Personal Health Support clinicians who can help you get on track. For information, call 888-742-1479, 6 a.m. to 8 p.m. Monday through Friday; 10 a.m. to 4 p.m. Saturday.  **Online resources**  Sign in at [premera.com](https://www.premera.com/sign-in) for additional health information, support, and educational resources. TIP Another important habit of healthy living is to see your doctor annually. A preventive visit is included with your Premera health plan. |
| Premera Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association P.O. Box 327, Seattle, WA 98111  [Discrimination is against the law](https://www.premera.com/documents/037397.pdf).  Premera Blue Cross complies with applicable Federal and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. 038503 (07-01-2021)  [Español](https://www.premera.com/documents/037397.pdf) | [中文](https://www.premera.com/documents/037397.pdf)  038998 (11-18-2021) |