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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.* |
| Moving toward good joint health There are over 100 types of arthritis. The most common is osteoarthritis, which affects hands, feet, spine, hips and knees. It’s caused by inflammation as well as breakdown and loss of the cartilage in the joints.  Not all causes of arthritis are preventable, but here are some things you can do for good joint health:   * Maintain a healthy weight * Don’t smoke * Limit sugar and alcohol * Stay active   See your doctor if you have these ongoing joint issues:   * Pain * Swelling * Stiffness * Creaking   **Personalized help**  Premera has Personal Health Support clinicians who can help you get on track. For more information, call **888-742-1479**, 7 a.m. to 7 p.m. Monday through Friday or 9 a.m. to 1 p.m. Saturday, Pacific Time.  **Online resources**  Sign in at [premera.com](https://www.premera.com/sign-in) for additional health information, support, and educational resources. TIP Strong muscles support joints. To keep your joints problem-free now and in the future, talk to your doctor about an exercise plan that’s right for you. |
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