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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.* |
| Quit nicotine at no cost to you Studies show if you have a support system when quitting nicotine, you are more likely to stay on track. Let Premera help, with dependency programs and prescription drugs—some at no cost to you.  Nicotine dependency programs, offered by approved in-network healthcare providers, are covered in full by our Premera health plan.  Certain costs for nicotine dependency drugs are also covered by our health plan. If you get approved drugs from an in-network pharmacy with a written prescription, you pay no coinsurance or copay. TIP Talk to your doctor about nicotine dependency programs in your area and prescription drugs that might be right for you. |
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