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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.* |
| Need help with a chronic condition, illness, or hospitalization? With Premera Blue Cross as your health plan, you have support at every stage of health. Premera has Personal Health Support clinicians who can provide assistance based on your needs.  Find out how to:   * Better manage a condition, such as asthma, diabetes, or heart disease * Take care of yourself or a loved one to prevent readmission after a hospital stay * Ask the right questions about an illness or procedure   For 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.  **TIP**  Sign in at [premera.com](https://www.premera.com/sign-in) to get health information and support. |
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