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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.* |
| Essentials: Curbing the impact of rising drug costsDrug prices are steadily going up. Even with a good pharmacy plan, some prescriptions can feel overpriced.The pharmacy plan included with your health plan is called Essentials. This benefit covers prescription drugs for your basic pharmacy needs. It offers quality medicine at a reasonable cost and at least one option in each drug class.Essentials helps keep your costs as low as possible by focusing on high-value drugs that are approved by the U.S. Food and Drug Administration (FDA). Not included in Essentials are: * Low-value, high-cost drugs
* Drugs with lower-cost, over-the-counter alternatives
* Drugs not approved by the FDA
* Drugs sold at inflated prices

To find out more about your pharmacy benefits, sign in to your account at [premera.com](https://www.premera.com/portals/member/resources/mypharmacyplus?AEP=pricerx).  |
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