|  |
| --- |
| *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.* |
| Be confident in your care with health decision aids It’s easy to be an active partner in your healthcare with the [health decision aids](https://www.healthwise.net/pbc/Content/CustDocument.aspx?XML=STUB.XML&XSL=CD.FRONTPAGE.XSL)\* on premera.com. Learn about health conditions and treatment options so you’re prepared to discuss them with your doctor. Providers say using health decision aids can build a trusting doctor-patient relationship that lasts.  **Articles**  Search the knowledge-base for information on hundreds of topics in areas such as:   * Medical conditions * Wellness and prevention * Life stages   **Video Library** Explore over 500 short videos on a wide breadth of topics. If you’re curious about a condition or procedure, these will help you take charge of your health.  **Tools**  Use the interactive tools when you need to make a tough decision about your health. The tools are based on the best scientific evidence and help you focus on your values and preferences.   * **Check your symptoms:** Find out if you can care for yourself at home or if you should call a doctor. * **Make a decision:** Get the facts, compare your treatment options, and think about what matters to you. * **Learn your score:** Easy-to-use personal calculators to help you know more about you.   **How to access**   * Sign in at [premera.com](https://www.premera.com/sign-in), select Find Care on the top menu, then select Decision Aids. * Or bookmark [health decision aids](https://www.healthwise.net/pbc/Content/CustDocument.aspx?XML=STUB.XML&XSL=CD.FRONTPAGE.XSL).   \*Available in English and Spanish. Not intended to be medical advice. Powered by Healthwise. |
| 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 civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. 038503 (01-01-2021)  [Español](https://www.premera.com/documents/037397.pdf) [中文](https://www.premera.com/documents/037397.pdf)  043298 (03-01-2021) |