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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.* |
| Insight into your explanation of benefitsWhen you receive healthcare, your provider sends the bill (known as a claim) to Premera. When we pay the claim, we send you an explanation of benefits or EOB. (Don't worry: It's not a bill.) The EOB explains how your benefits were applied to a particular claim, including the following:* Date of service
* Amount billed and amount paid by your plan
* Amount you owe
* Amount credited toward your deductible

**EOB to-do list**To stay on top of your expenses:* Review each EOB closely
* Compare it to your provider’s receipt or bill
* Keep the EOB for at least 2 years

**Skip the snail mail**You can get your EOBs quicker by going paperless. We'll send you an email each time a new EOB is available for you to view securely online. To sign up now:* Log in at premera.com
* Under My Account, select Account Settings to turn on Paperless EOBs
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