|  |
| --- |
| *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.* |
| Support when you need it**Preventive care services** Put preventive healthcare at the top of your list today. You and your family may reap the benefits for years to come. The care that’s right for you will depend on things like your age, gender, and family history.Want to find out more about your coverage? You can get the full preventive care list and guide to using your benefits at [premera.com/care-essentials/preventive-care](https://www.premera.com/visitor/care-essentials/preventive-care). Here are just a few of the areas we cover: * **Women’s health** like pap tests and breast cancer screenings, family planning, and bone health screenings
* **Men’s health** like well visits, sexual health, and dealing with injuries or pain—like chronic back pain
* **LGBTQIA+ health** including transgender services and mental health support
* **Mental health** and how to find the right provider for issues such as depression, anxiety, and substance use disorder

And that’s just the beginning. You may be eligible for other preventive care services, including: * Well-baby and child exams
* Routine physicals (including for school, sports, or work)
* Preventive vaccinations (including HPV vaccine)
* Infectious disease screening
* Metabolic, nutrition, and endocrine screenings

Remember, as a Premera member you have access to important preventive exams at no additional cost.**TIP:**You can call us for prior authorization, if necessary. The phone number is on the back of your member ID card.  |
| Premera Blue Cross is an Independent Licensee of the Blue Cross Blue Shield AssociationP.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 and Washington state civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. 038503 (07-01-2021)[Español](https://www.premera.com/documents/037397.pdf) | [中文](https://www.premera.com/documents/037397.pdf) 045781 (11-07-2022) |