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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.* |
| Quality Specialty Care. Better Outcomes.We think when it comes to your care, a little knowledge goes a long way. With that in mind, we want you to know that as a Premera Blue Cross member, you have access to specialty care centers across the country. These centers have been recognized for quality care and positive results. Just look for the Blue Distinction designation when you’re considering your care or treatment in one or more of the following fields (depending on your plan): * Bariatric (weight loss) surgery
* Cancer care
* Cardiac care
* Cellular immunotherapy (CAR-T therapy)
* Fertility care
* Knee and hip replacement
* Maternity care
* Spine surgery
* Transplants

**Blue Distinction Specialty Care** The Blue Cross Blue Shield Association evaluates thousands of hospitals and surgical centers around the United States. Facilities that provide the highest expertise and best outcomes are designated as Blue Distinction Centers. Blue Distinction Centers are healthcare facilities and providers recognized for their expertise in delivering specialty care. **Let’s make healthcare work better. Together.** We believe that empowered decision-making starts with informed decision-making. If you’re considering care or treatment, we can help you get started. Check out our specialty care [resource center](https://blue.premera.com/specialtycare) for: * More information about Blue Distinction Specialty Care
* Tips and questions to discuss with your doctor
* Further resources for your consideration
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