

Preventive Care

PREVENTIVE CARE PROMO PACKAGE

People who are proactive about their health can catch potential health issues while they're easier to treat. Preventive services may include screenings, vaccinations, and medications. Your Premera plan covers your employees and their covered dependents at 100 percent for in-network preventive services,

Ready-to-share resources

Use the following materials to educate your employees about the importance of regular preventive care.

General preventive care

Importance of preventive care

- [Email](#)
- [Flyer](#)
- [Text options](#)

Online preventive health center

- [Text options](#)

Prepare for a preventive visit

- [Email](#)
- [Flyer](#)
- [Text options](#)
- [Video: Choose a Primary Care Provider](#)
- [Video: Book a Preventive Care Exam](#)
- [Video: Understand Preventive Care Visits](#)

Preventive care list

- [Grandfathered plans](#)
- [Non-grandfathered plans](#)

Web content

- [premera.com: Preventive Care](#)

Cancer

Breast cancer

- [Video: Debunking Mammogram Myths](#)

Colorectal cancer

- [Text options](#)

Skin cancer

- [Email](#)
- [Flyer](#)
- [Text options](#)

Web content

- [premera.com: Cancer](#)
- [premera.com: Screenings](#)

Sexual health and family planning

Best Beginnings maternity

- [Flyer](#)

Web content

- [premera.com: Pregnancy](#)
- [premera.com: Sexual Health & Family Planning](#)

Chronic condition management

Blood pressure

- [Flyer](#)

Diabetes

- [Flyer](#)
- [Video: Book Your Diabetes Screening](#)

Heart disease

- [Flyer](#)

Joint degeneration

- [Flyer](#)

Livongo

- [Promo package](#)

Web content

- [premera.com Diabetes](#)

Vaccinations

- [Flyer](#)

Women's health

Videos

- [A Conversation on Breast Health and Mammograms](#)
- [A Conversation on Self-Advocacy and Partnering with your Doctor](#)
- [A Conversation on Knowing your Body and Self-Awareness](#)

Web content

- [premera.com Women's Health](#)

Preventive care videos

| Video | Description |
|---|---|
| A Conversation on Breast Health and Mammograms | <p>One in eight women will get breast cancer in her lifetime. The best way to detect breast cancer early is by getting regular mammograms. Four women talk with Premera medical director Dr. Josephine Young about their concerns and experiences with breast health and mammograms.</p> <p>-----</p> <p>Find out more about women's health and mammograms at premera.com/visitor/care-essentials/womens-health.</p> |
| A Conversation on Self-Advocacy and Partnering with your Doctor | <p>One of the most important things you can do for your health is to have a healthcare provider you trust and who works with you on making decisions. Four women talk with Premera medical director Dr. Josephine Young about how to choose and work with primary care providers in positive ways.</p> <p>-----</p> <p>Find out more about women's health at premera.com/visitor/care-essentials/womens-health.</p> |
| A Conversation on Knowing your Body and Self-Awareness | <p>Monthly breast self-exams are out--knowing your body is now the recommended way to detect changes to your own breast health, as well as your overall health. Four women talk with Premera medical director Dr. Josephine Young about how knowing their bodies and trusting their intuition make a difference in their health.</p> <p>-----</p> <p>Find out more about women's health at premera.com/visitor/care-essentials/womens-health.</p> |

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|---|---|
| Choose a Primary Care Provider | <p>A primary care provider is a healthcare partner you can see for your basic medical needs. Having a trusted provider is essential to detecting and addressing health issues early.</p> <p>-----</p> <p>Find out more about the importance of preventive care, as well as what preventive services are offered by your Premera health plan, at premera.com/visitor/care-essentials/preventive-care.</p> |
| Book a Preventive Care Visit | <p>When you have a preventive care visit with your doctor, you get information you can use to make choices for your health. It's like you're your own healthcare hero!</p> <p>-----</p> <p>Stay your healthiest with regular preventive care. Find out more at premera.com/visitor/care-essentials/preventive-care.</p> |
| Understand Preventive Care Visits | <p>You plan ahead for all sorts of things, from bad weather to fun events. Being prepared for your health starts with a trip to your healthcare provider for a preventive care visit.</p> <p>-----</p> <p>Don't get caught unprepared! Schedule a preventive visit today. Learn more at premera.com/visitor/care-essentials/preventive-care.</p> |
| Book Your Diabetes Screening | <p>From cooking and cleaning to managing your Type 2 diabetes--all day, every day, you're taking care of business. Make getting your A1C checked a regular habit, too.</p> <p>-----</p> <p>Schedule your A1C checkup today to stay as healthy as you can. Find out more about diabetes at premera.com/visitor/care-essentials/diabetes.</p> |
| Debunking Mammogram Myths | <p>There are lots of reasons women find to put off having regular mammograms. But at this unusual party, 8 women find out the most important reason to get a mammogram.</p> <p>-----</p> <p>Follow facts not fiction when it comes to good breast health. Schedule your mammogram today. Find out more about women's health at premera.com/visitor/care-essentials/womens-health.</p> |

Discrimination is Against the Law

Premera Blue Cross Blue Shield of Alaska (Premera) complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera does not exclude people or treat them differently because of race, color, national origin, age, disability, sex, gender identity, or sexual orientation. Premera provides free aids and services to people with disabilities to communicate effectively with us, such as qualified sign language interpreters and written information in other formats (large print, audio, accessible electronic formats, other formats). Premera provides free language services to people whose primary language is not English, such as qualified interpreters and information written in other languages. If you need these services, contact the Civil Rights Coordinator. If you believe that Premera has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability, sex, gender identity, or sexual orientation, you can file a grievance with: Civil Rights Coordinator — Complaints and Appeals, PO Box 91102, Seattle, WA 98111, Toll free: 855-332-4535, Fax: 425-918-5592, TTY: 711, Email AppealsDepartmentInquiries@Premera.com. You can file a grievance in person or by mail, fax, or email. If you need help filing a grievance, the Civil Rights Coordinator is available to help you. You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at: U.S. Department of Health and Human Services, 200 Independence Ave SW, Room 509F, HHH Building, Washington, D.C. 20201, 1-800-368-1019, 800-537-7697 (TDD). Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>.

Language Assistance

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 800-508-4722 (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 800-508-4722 (TTY: 711).

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 800-508-4722 (TTY: 711) 번으로 전화해 주십시오.

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 800-508-4722 (TTY: 711).

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 800-508-4722 (телетайп: 711).

注意: 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 800-508-4722 (TTY: 711)。

MO LOU SILAFIA: Afai e te tautala Gagana fa'a Sāmoa, o loo iai auaunaga fesoasoan, e fai fua e leai se togoti, mo oe, Telefoni mai: 800-508-4722 (TTY: 711).

ໂປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ໂທ 800-508-4722 (TTY: 711).

注意事項: 日本語を話される場合、無料の言語支援をご利用いただけます。800-508-4722 (TTY:711) まで、お電話にてご連絡ください。

PAKDAAR: Nu saritaem ti Ilocano, ti serbisyo para ti baddang ti lengguahe nga awanan bayadna, ket sidadaan para kenyam. Awagan ti 800-508-4722 (TTY: 711).

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 800-508-4722 (TTY: 711).

УВАГА! Якщо ви розмовляєте українською мовою, ви можете звернутися до безкоштовної служби мовної підтримки.

Телефонуйте за номером 800-508-4722 (телетайп: 711).

เรียน: ถ้าคุณพูดภาษาไทยคุณสามารถใช้บริการช่วยเหลือทางภาษาได้ฟรี โทร 800-508-4722 (TTY: 711).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 800-508-4722 (TTY: 711).

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 800-508-4722 (TTY: 711).

ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 800-508-4722 (رقم هاتف الصم والبكم: 711).

ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 800-508-4722 (TTY: 711).

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 800-508-4722 (ATS: 711).

ATENÇÃO: Se fala português, encontram-se disponíveis serviços linguísticos, grátis. Ligue para 800-508-4722 (TTY: 711).

ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 800-508-4722 (TTY: 711).

توجه: اگر به زبان فارسی گفتگو می کنید، تسهیلات زبانی بصورت رایگان برای شما فراهم می باشد. با 800-508-4722 (TTY: 711) تماس بگیرید.