

Personalized, mobile health updates are now available for members

Members will now receive personalized and secure text messages from Premera Blue Cross right to their phones.

How it works:

1. Premera will send text messages from number **51987**. Messages will include a link for members to access their personalized newsfeed.
2. Members must tap the link within 72 hours and verify their date of birth.
3. Members can text STOP at any time to opt out.

These messages are included with the health plan at no extra cost to the member.

Have more questions? Visit
www.premera.com/vistor/digital-health-messages.

Note: This program is available for members enrolled in a Premera health plan. Members must be 18 years of age or older.

Members will receive messages featuring:

- Reminders to schedule preventive visits
- Tips about their benefits
- Ways to take advantage of new offerings
- And more!

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