

# Achieve your health goals – at no extra cost



## Launching

Learn more at [gosolera.com/premera](https://gosolera.com/premera)



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Staying healthy isn't just about doctor's visits, medications, and treatments. That's where Premera Health Hub comes in. When you qualify and enroll, you'll get expert care, tools, and support to help you achieve your health goals -- at no extra cost to you.

Your plan includes a variety of proven programs to support you at every step, no matter your health goal.

### Ways we can help:

### How to get started:

- 1 Check your eligibility**  
You'll need your member ID handy to verify you're eligible.
- 2 Choose your health goals**  
Answer a few questions to confirm these programs are right for you.
- 3 Become a healthier you**  
With the help of your program, make healthy choices and get the tools and support to stay on track.

**Questions?** Call us at 888-902-1410 Monday through Friday, 6 a.m. to 6 p.m. Pacific Time.

Premera Blue Cross is an independent licensee of the Blue Cross Blue Shield Association.

Solera Health is an independent company that coordinates access to these programs for Premera members.

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