

Wellness Information and Consumer Tools

Washington Education Association

Premera Blue Cross is committed to providing our members with information and resources they need to make informed decisions and manage a healthy lifestyle. We offer a variety of information – available through our Web site (www.premera.com) and other means:

- aHealthyAdvantage.com – our award winning online resource providing a medical library with practical health-related advice and the latest information personalized to the user's interests and needs.
- 24-hour health line – a free and confidential phone line staffed by experienced registered nurses available 24 hours a day, seven days a week.



- Extras! – a source of special values for our members providing great savings from some of the leading health-related companies in the country. With Extras!, members can receive discounts on fitness and weight management, eye care services and hardware, alternative care services, family safety products, health and beauty products, and hearing aids and screening by contacting participating companies directly.

- Healthcare Advisor – a powerful, online research tool that can be used to compare hospitals, research health topics, review treatment options, and generate a printable list of specific questions to ask a provider.



- **Quality Scorecard** – a three-year collaboration with leading Washington medical groups to identify standards of quality in several key areas – women’s health, diabetes care, optimal treatment of ear infections, bronchitis and asthma, best use of prescription drugs, and care for newborns. Our quality scorecard is available online and it reflects how participating medical groups rate among their peers in the medical community.



- **Caring for Yourself** – online educational articles available through our Web site offering suggestions regarding management of common conditions and immunizations.
- **Community Wellness Benefit** – encourages members to take wellness-related classes through local hospitals and clinics. Some wellness topics include asthma, babysitting skills, back care, bike safety, healthy heart exercises, how to deal with stress, maternity fitness and education, newborn care, nutrition, and parenting.