



# premera.com

*All your health information  
in one convenient place*

Premera.com is here to help you get the most from your health plan and offer you support when you need it. Consider this your personalized information and resource center for your benefits, healthcare spending and health goals.

## Premera.com lets you:

- Quickly and conveniently review your claims
- Check your benefits and eligibility
- Find a doctor
- Gain a new perspective on your health status with the Personal Health Assessment
- Discover special discounts on a variety of products and services
- Go paperless

## Signing up is easy!

All you need is your member ID card

- Click on the Register link
- Follow the prompts

**LOG IN AS:**

User ID:

Password:

[Register](#) | [Forgot Password](#)



# The easy and convenient way to get more value from your health plan—24/7.

## Learn all about your health plan

Understanding your plan is the key to using it wisely. Premera.com is the place to find key information about your health plan.

### My plan information

Provides account information including:

- comprehensive benefit details
- claims activity
- prescription drug coverage details
- commonly used forms

In addition, you can access your health plan financial information which lets you check deductible and benefit limits and learn about valuable member discounts.

## Getting the most from your health plan

Premera.com offers you a powerful set of interactive health tools that help you get more from your health plan. These resources include:

### Find a doctor

Within this section you'll find a list of network providers. You can search by name, location, specialty, language and gender.

### Pharmacy

- Find a pharmacy
- View your current medications including quantity, days supply, cost, and fill date
- Order and refill prescriptions
- Compare prescription costs and find generics
- Find out your copay amount for a variety of prescription drugs
- Research recent drug news and alerts



## Health Support

Premera.com offers registered members several interactive resources designed to support your health and wellness.

### Health and Symptom Evaluation

Get information on conditions and treatment options, plus a fresh understanding of your health status by taking the Personal Health Assessment.

### My health files

Your Personal Health Record privately stores your medical history, pharmacy and claims information—all in one easy to access place. Perfect for quick reference. Or to share with your doctor.

### Health Helpers

Premera.com supports your health with these tools:

- Health Trackers to observe your health over time
- Quizzes to test your health IQ
- Calculators to learn more about your health.

Health Helpers also includes a Hospital Quality Guide with hospital profiles and ratings. In addition, you'll have access to the Treatment Cost Estimator which provides estimates for a variety of health services.

### Medical library

Access our medical library to find an extensive collection of health-related videos, photos and detailed explanations written by doctors about common health problems and concerns.