

Long-term relationship. Or short-term solution.

Familiar
Face



Unfamiliar
File

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It's Your Choice

“Do you have a doctor?” is an important question – even more important if you are sick. A doctor that knows you and your medical history can help you get better and faster care when you need it.

Talk to your doctor about your health. Be open and honest about your activities, lifestyle and family medical history, so your doctor can be the best advisor about your care. If you need a doctor, choose one in your network today and get a checkup.

For other ways to keep your health care costs down, see your Benefits Manager or visit www.bcbst.com.



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