

[Www.premera.com/wy](http://www.premera.com/wy)

they recommend to bd on every other light and medium blue day, and every dark blue , pink and purple day

[www.premera.com/wy](http://www.premera.com/wy)

[premera.com/wa/provider/commercial-risk-adjustment](http://premera.com/wa/provider/commercial-risk-adjustment)

[\*\*premera.com/wa/provider/medicare-advantage\*\*](http://premera.com/wa/provider/medicare-advantage)