

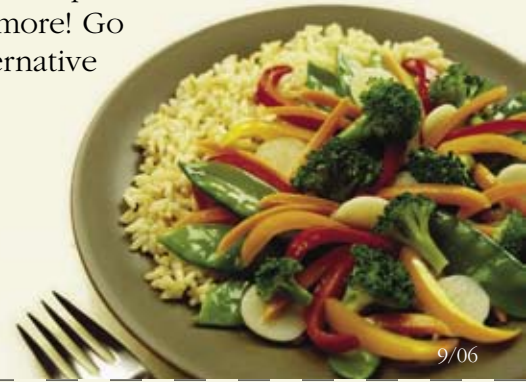
**Membership has its advantages!** Did you know that as a Blue Cross and Blue Shield of Kansas member you are automatically eligible for Resource Blue? This value-added discount and health & wellness awareness program offers an array of benefits, including extensive information on complementary and alternative medicine resources.

Find healthy recipes, nutrition-related articles and food remedies for common ailments, and learn about cool kitchen products available for purchase in the Healing Kitchen. Explore topics ranging from Whole Cooking to Recipe Makeover to Food Remedies and more! Go to [www.bcbsks.com/resourceblue](http://www.bcbsks.com/resourceblue) and click on the Complementary & Alternative Medicine link to get started.



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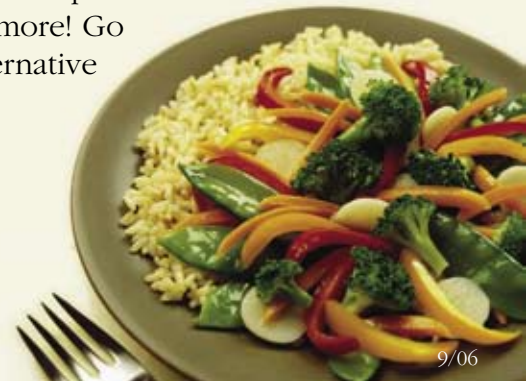
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