

natural  blue<sup>sm</sup>  
HOLISTIC HEALTH CHOICES

**BLUECHOICE<sup>®</sup>**  
 **HEALTHPLAN**  
*Your Partner in Good Health<sup>™</sup>*



BlueChoice HealthPlan is pleased to offer Natural Blue! With it, you have access to a wide variety of complementary healthcare resources on the Internet. You may visit an extensive network of credentialed acupuncturists, chiropractors, massage therapists and fitness clubs at a discount of up to 30%. You also may buy vitamins, herbal supplements and more at reduced prices.

Visit our Web site at [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com). Then, link to [WholeHealthMD.com](http://WholeHealthMD.com) for these resources:

**"Find a Practitioner" Online Directory** Find a contracted complementary healthcare provider anywhere in the country. You also can get directions to the office.

**Reference Library** Get helpful information on general healthcare, nutrition, diet, exercise, dietary supplement interactions and complementary health therapies. Here are some other features:

- ↪ **Healing Centers** WholeHealthMD practitioners prefer to combine the best of conventional medicine with alternative therapies. This helps the body strengthen and then heal itself of chronic illnesses without powerful antibiotics or surgery.
- ↪ **Healing Kitchen** Learn how good food can heal and taste great! Healing Kitchen Chefs introduce you to WholeHealth cooking with great recipes.
- ↪ **Expert Opinions** Get sound advice from a team of leading board-certified doctors and specialists. Topics range from acne to vertigo!
- ↪ **News & Perspectives** Read the latest in medicine research and get perspectives from the WholeHealth medical experts.
- ↪ **Vitamins** Learn about vitamins and supplements, wellness and self-care products. You can also learn about interactions that some dietary supplements may have with prescription and non-prescription medicines, other dietary supplements, alcohol, tobacco and food.

**The Store That Never Closes** Save money on nutritional supplements. Order online or call 1-800-931-1709 (code 4120). Order online, and shipping is free!

For more information, visit, [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).

