

Alternative Health

With Independence Blue Cross, you can take advantage of a variety of wellness products and services:

- Receive **discounts** of up to **30 percent** on massage therapy and acupuncture.
- Receive **discounts** of up to **40 percent** on more than 2,400 health and wellness products, with free shipping.



Register by calling 1-800-ASK-BLUE, or go to **www.ibxpress.com**.

Questions about your health plan? Call Customer Service at the phone number on your ID card, or visit **www.ibxpress.com**.



**Independence
Blue Cross**

**www.ibxpress.com
1-800-ASK-BLUE
(1-800-275-2583)**