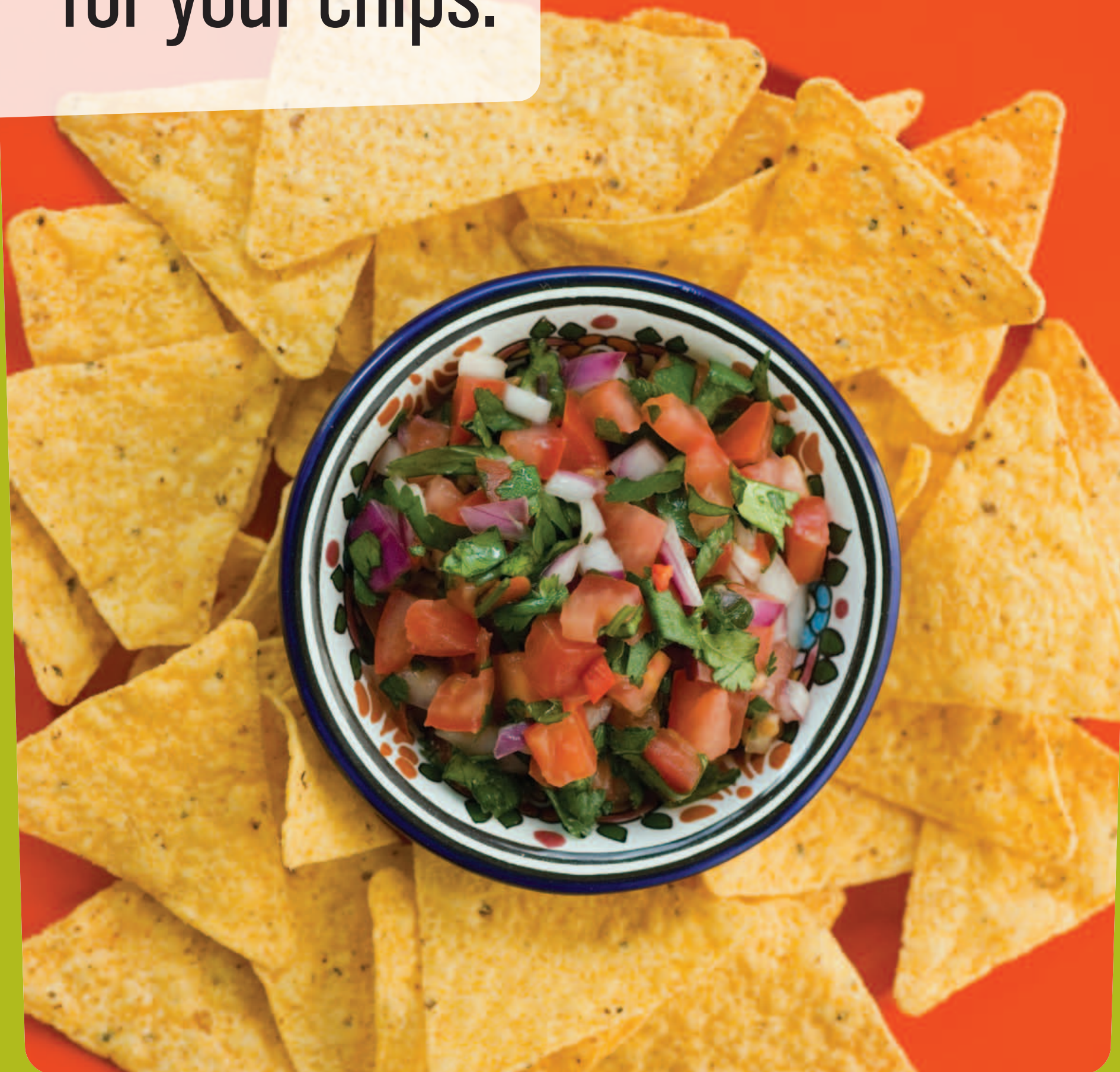


Save the dip for your chips.



Dip into something healthier.

A dab of salsa on a tortilla chip makes delicious party food. But a dip of snuff or a pinch of chewing tobacco in your mouth can, over time, dull your ability to taste. And it can lead to serious health problems including heart disease, high blood pressure and mouth cancer. But it is possible to quit! Get support from your doctor and ask if nicotine replacement products might be right for you. Then kick the dip habit and savor the flavors of life. **That's time well spent.**

Visit bcbsga.com for more information on quitting tobacco.



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