

It's Your Choice.

Play An Active Part In Life

We all know that a poor diet and inactive lifestyle can lead to serious health problems. And also make some diseases more difficult to treat. But did you know that being overweight affects health care costs?

Unhealthy lifestyle choices are a big reason health care costs are going up. In fact, if you add up the cost of health problems caused by being overweight or obese, the nationwide total is almost \$120 billion in health care expenses each year. Those costs affect what you pay for your health plan, as well.

Each of us has the power to help control health care costs by finding an exercise plan that meets our individual needs. For example, brisk walking for 30 minutes a day, three times a week, can not only improve personal health but can also reduce your need for medical services.

Take steps to keep a healthy weight or lose weight. Plan to bypass heart disease and other serious health problems whenever possible. Talk to your doctor about an exercise plan that works for you. For more ways each of us can help keep health care affordable, visit www.bcbst.com or talk to your Benefits Manager.

When it comes to the cost of health care, you have a choice. And your choices make a difference.

