

Walk now. Or worry later.

\$50
Sneakers



\$57,073
Heart Surgery

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It's Your Choice

Unhealthy lifestyle choices can do more than harm your health. They can raise costs for you and everyone in your health plan. Make smart choices now that will help you avoid serious health problems later.

A poor diet and an inactive lifestyle can increase your chance for illness and injury. Live an active life. Bypass heart disease by making healthy choices.

For other ways to keep your health care costs down, see your Benefits Manager or visit www.bcbst.com.

Source: National Institutes of Health, "The Bypass Angioplasty Revascularization Investigation," 1997.



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