

# It's Your Choice.

## *What's For Lunch?*

You probably know that eating right can help you look and feel better. But did you know that it could also help you prevent illness? And help you manage a disease?

It's time to weigh the facts. Today, more than 60 percent of adults are overweight or obese. Health problems from being overweight cost almost \$120 billion a year nationwide. Weight problems are a major cause of rising health care costs, and can affect your health plan costs, as well.

And it's not just a problem for adults. The number of overweight children between ages 6 and 11 has almost doubled in the last 20 years. The number of overweight teenagers has almost tripled.

We all have a role to play in keeping health care affordable. Taking steps to keep a healthy weight or lose weight can improve your personal health. It can also decrease your need for medical care or expensive drugs. So cut back the size of your meal portions. Reduce saturated fats. Talk with your doctor to find a diet that's right for you.

For more ways each of us can help keep health care affordable, visit [www.bcbst.com](http://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.

