

Weigh the facts.
Either you lose...or lose out.



\$24
Healthy Food



\$57,073
Heart Surgery

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It's Your Choice

Being overweight affects your health - and your health care costs. Type 2 diabetes, asthma and coronary heart disease can all be caused by weight problems, and can raise costs for you and everyone in your health plan.

Take steps to keep a healthy weight or lose weight. It can improve your health and well-being, and help control the cost of health care for all of us. A well-balanced diet and 30 minutes of exercise every day can help you lose weight and avoid chronic health problems.

Talk to your doctor if you need help making a plan that works for you. For other ways to keep your health care costs down, see your Benefits Manager or visit www.bcbst.com.



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