

# Choose your baggage wisely.



**\$7.50**  
average  
court fee



**\$153\***  
average medical  
appointment fee

**Thirty minutes of physical activity daily**—it's just one of the ways you can help reduce your risk of costly health problems. Unhealthy lifestyles can add nearly one thousand dollars in extra medical costs for every family in America every year. When it comes to the cost of health care, your choices help make a difference.

Visit [bcbstx.com](http://bcbstx.com) for more ways each of us can help keep health care affordable.



**TRS-ActiveCare**  
TEACHER RETIREMENT SYSTEM OF TEXAS



**BlueCross BlueShield  
of Texas**

\* Source: Wellmark Inc., "Provider Economics," 2003