

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 for more ways each of us can help keep health care affordable.

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



TRS-ActiveCare
TEACHER RETIREMENT SYSTEM OF TEXAS



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