

# Pay a little now, or pay a lot later.

Protective head gear <sup>\$30</sup>



<sup>\$151,587\*</sup>  
Head trauma treatment

Preventable injuries are a big reason health care costs are rising. These costs are reflected in higher insurance premiums, copayments and deductibles. When it comes to the cost of health care, your choices make a difference. Visit [www.bcbstx.com](http://www.bcbstx.com) for more information about keeping health care affordable.



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



**BlueCross BlueShield  
of Texas**

Source: The National Foundation for Brain Research, "The Cost of Disorders of the Brain," 1992  
\* National average cost

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