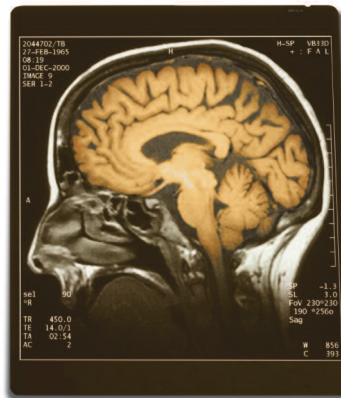


Pay a little now, or pay a lot later.



\$30
Protective
head gear



\$151,587*
Head trauma
treatment

** National average cost*

Preventable injuries are a big reason health care costs are rising. When someone has a bicycle accident while not wearing a helmet, his or her injuries can be much more serious – and much more expensive to treat. Serious injuries require treatment with the latest technologies and advanced hospital care, which are often more costly. When it comes to the cost of health care, your choices make a difference.

For more information about keeping health care affordable visit www.bcbstx.com.

Source: The National Foundation for Brain Research, "The Cost of Disorders of the Brain," 1992



TRS-ActiveCare
TEACHER RETIREMENT SYSTEM OF TEXAS

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