

How much do you want to spend on heart disease?

\$50
Walking shoes



\$57,073*
Heart bypass surgery

Unhealthy lifestyle choices are a big reason health care costs are rising. We all know that a poor diet and inactive lifestyle can result in serious health problems, and can make manageable diseases more difficult to treat. That increases the cost of health care, as we use more advanced hospital care, new medicines and the latest technologies. These costs are reflected in higher insurance premiums, copayments and deductibles for everyone. You can be healthier, feel better and help control health care costs by finding an exercise plan that's right for you. When it comes to the cost of health care, your choices make a difference.

Visit www.bcbstx.com for more information about keeping health care affordable.



TRS-ActiveCare
TEACHER RETIREMENT SYSTEM OF TEXAS



**BlueCross BlueShield
of Texas**

Source: National Institutes of Health, "The Bypass Angioplasty Revascularization Investigation," 1997

* National average cost

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