

# How much do you want to spend on heart disease?

**\$50**

Walking shoes



**\$57,073\***

Heart bypass surgery

\* National average cost

**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. When it comes to the cost of health care, your choices make a difference.

**For more about keeping health care affordable visit [www.bcbstx](http://www.bcbstx).**

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



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

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