



Health Care Dollars and \$ense

We can combat rising health care costs.

11,744 reasons to prevent Type 2 diabetes.

On average, people with diabetes spend \$11,744 on health care every year, more than twice as much as their peers. Diabetes care and complications cost New Jersey residents approximately \$6 billion in 2006.

Although risk factors like family history and age cannot be changed, proper nutrition and regular exercise can play key roles in stopping Type 2 diabetes from becoming a part of your life.

These six tips can help you start making healthy food choices and working physical activity into your daily routine.

- 1. Include a variety of fruits and vegetables into your diet.**
- 2. Choose whole grain foods over processed grain products.**
- 3. Go for leaner cuts of meat. Remember to remove the skin from chicken and turkey.**
- 4. Choose nonfat dairy such as skim milk, nonfat yogurt and nonfat cheese.**
- 5. Substitute water for sweetened drinks like soda and fruit punch.**
- 6. Choose activities or exercises that you enjoy:**
 - Start with five minutes and work up to 20 to 30 minutes.
 - Exercise at least three times per week.
 - The best time to exercise is one to two hours after a meal.

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

Your choices can help you get and stay healthy while combatting the rising costs of health care. To learn more about what Horizon BCBSNJ is doing to keep health care affordable for our members, or for more strategies to help you maximize your health insurance coverage, please visit our **Health Care Dollars and Sense** microsite at www.HorizonBlue.com/Informed.

This is for informational purposes only. Please consult your physician before starting any new regimen in diet and exercise.



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work.

Information courtesy of www.diabetes.org and the New Jersey Department of Health and Human Services.

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