



## Health Care Dollars and \$ense

*We can combat rising health care costs.*

# 71 billion dollars... What is the flu costing you?

The World Health Organization estimates that the flu costs the American public between 71 and 167 billion dollars every year in medical care and lost work time. Catching the flu can cost you a week out of work. And, if you're pregnant or have a chronic condition such as asthma or diabetes, you may need hospital treatment.

The best way to protect yourself against the flu is to get vaccinated every year. Vaccines, including the flu vaccine, are often covered benefits offered at low or no cost to you. Talk to your physician about the flu vaccine and if it's right for you.

You can find additional information to help you stay healthy on the Centers for Disease Control and Prevention (CDC) Web site at <[www.CDC.gov](http://www.CDC.gov)>.

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

Getting vaccinated is one important way you can help combat 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, visit our **Health Care Dollars and \$ense** microsite at <[www.HorizonBlue.com/Informed](http://www.HorizonBlue.com/Informed)>.



Horizon Blue Cross Blue Shield of New Jersey

*Making Healthcare Work.*



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