



Health Care Dollars and Sense

We can combat rising health care costs.

7 healthy habits your heart loves.

Unhealthy lifestyle choices are a big reason health care costs are rising. A poor diet and inactive lifestyle can result in serious health problems and make it more difficult to treat and manage any illnesses.

You can be healthier, feel better and help control health care costs by following these seven heart-healthy habits.

1. Keep your body moving. Moderate daily exercise increases blood flow to your heart and improves blood circulation throughout the body.

2. Reduce stress. Make time for mentally rewarding and physically relaxing activities, like yoga or meditation, that help control high blood pressure, a major risk factor for heart disease.

3. Eat heart-healthy foods. Plan meals with less saturated fat and more complex carbohydrates, such as whole grains, fruits and vegetables.

4. Maintain a healthy weight. Excess weight around your mid-section may lead to conditions that increase your risk of heart disease. Regular exercise may help you reduce fat and keep a healthy body weight.



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5. Stay away from tobacco. No amount of tobacco is safe. Quitting today can help reduce your risk of heart disease.

6. Get your heart health screenings. Keep up with your regular screenings (blood pressure, cholesterol and blood sugar) to monitor possible risk factors for heart disease.

7. Keep up with your heart health. Schedule an appointment with your physician and ask him or her how you can reduce your risk factors and lead a more heart-healthy lifestyle.



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 explore our **Health Care Dollars and Sense** resources 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®

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