



Health Care Dollars and Sense

We can combat rising health care costs.

What would you do with an extra \$330?

Eating processed snack foods, carrying extra pounds and avoiding regular physician office visits could be costing you more than you think. Research shows lifestyle choices and behaviors drive 87.5 percent of the cost for health care claims.*

You can reduce or avoid these costs by taking steps to improve your overall health. Here are tips that can help people of all ages and backgrounds take care of their health:

Get moving. According to the Centers for Disease Control and Prevention (CDC), physically active adults spend \$330 less per year on health care than sedentary people. Find new ways to keep moving like aerobics classes, walking and dancing.

Maintain a healthy weight. Being overweight increases your risk of developing conditions such as heart disease, high blood pressure and diabetes. Your physician can help you determine a healthy weight goal and a plan to achieve and maintain that weight.

Eat a nutritious diet. Decreasing your saturated fat intake and getting at least five servings of fruits and vegetables may help decrease your risk of cancer and other serious conditions. Limiting the sodium in your diet helps lower the risk of high blood pressure and heart disease.

Manage your stress level. Emotional stress may cause or exacerbate chronic pain, migraines, ulcers, high blood pressure, asthma, infertility and a host of other common ailments. Fight stress by making time for hobbies, exercise, family time or other activities you enjoy.



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Visit your physician for regular checkups. Discuss with your physician how often you should schedule office visits for different preventive screenings, tests and examinations.

Stay smoke-free. Smoking not only takes a toll on your wallet, it can also be associated with cancer, lung disease, early menopause and infertility. If you smoke, quit today to begin lowering your risk of these conditions.



Your choices can help you get and stay healthy while combating 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 \$ense** resources at www.HorizonBlue.com/Informed.

* Indiana University - Purdue University, Fort Wayne (IPFW) Study, 2006.



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work®

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