

Choose your baggage wisely.



\$10

*average tennis
court fee*



\$199

*average medical
appointment fee*

30 minutes of physical activity daily is just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of healthcare, your choices make a difference.

Source: Machlin, S., and Chowdhury, S. Expenses and Characteristics of Physician Visits in Different Ambulatory Care Settings, 2008. Statistical Brief #318. March 2011. Agency for Healthcare Research and Quality, Rockville, MD. http://www.meps.ahrq.gov/mepsweb/data_files/publications/st318/stat318.pdf



NEBRASKA

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For more health and wellness information, visit www.BlueHealthAdvantageNE.com

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