

How much do you want to spend on heart disease?



\$124,404

Heart bypass surgery



\$85

walking shoes

Unhealthy lifestyle choices are a big reason healthcare costs are rising.

These costs are reflected in higher insurance premiums, co-payments and deductibles for everyone. When it comes to the cost of healthcare, your choices make a difference.

Source: United States Department of Health & Human Services, Agency for Healthcare Research and Quality "Outcomes by patient and hospital characteristics," 2009.



NEBRASKA

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