

Choose your baggage wisely.

~~\$~~7.50
average
court fee



~~\$~~153
average medical
appointment fee

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30 minutes of physical activity daily: just one of the ways you can reduce your risk of costly health problems. Unhealthy lifestyles add nearly one thousand dollars in extra medical costs for every family in America every year. When it comes to the cost of healthcare, our choices make a difference.

Visit www.bcbsne.com for more ways each of us can help keep healthcare affordable.

Source: Wellmark Inc., "Provider Economics," 2003



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