



**\$4.89 per box**  
whole-grain cereal

# What's for breakfast?



**\$113 per month**  
cholesterol medicine



**\$4.89 per box**  
whole-grain cereal

# What's for breakfast?



**\$113 per month**  
cholesterol medicine



**\$4.89 per box**  
whole-grain cereal

# What's for breakfast?



**\$113 per month**  
cholesterol medicine

**Getting 20–35 grams of fiber 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](http://www.bcbsne.com) for more ways each of us can help keep healthcare affordable.**

*Source: Harvard School of Public Health*



**BlueCross BlueShield  
of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee  
of the Blue Cross and Blue Shield Association.

**Getting 20–35 grams of fiber 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](http://www.bcbsne.com) for more ways each of us can help keep healthcare affordable.**

*Source: Harvard School of Public Health*



**BlueCross BlueShield  
of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee  
of the Blue Cross and Blue Shield Association.

**Getting 20–35 grams of fiber 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](http://www.bcbsne.com) for more ways each of us can help keep healthcare affordable.**

*Source: Harvard School of Public Health*



**BlueCross BlueShield  
of Nebraska**

A Not-For-Profit Mutual Insurance Company and an Independent Licensee  
of the Blue Cross and Blue Shield Association.