

You can help control health care costs



Whether you buy your own health insurance or you are covered through a group health plan, you can help hold down health care costs. Here are some simple ways you can help:

- Improve your overall health with a balanced diet, regular exercise, adequate sleep and less stress.
- If you smoke, quit. You'll reduce the risk of many health problems for yourself and those you live with.
- For minor, non-urgent care, call your doctor's office for an appointment or advice, rather than going to the emergency room.

Visit our Web site at www.bcbsks.com to learn more about why health care costs are going up, and what you can do to help.