



BlueCross BlueShield  
of Illinois

# Knowledge is Power



## Take Charge of Your Health

Rising health care costs are a concern for most people. But there are small steps that you can take to make a difference in your cost. Many health care costs are linked to behavior. Unhealthy habits may result in long-lasting health problems, which cost an estimated \$1 trillion each year. Here are just a few ways you can help improve your health while maximizing your health care dollars.

- Eating healthy foods can help you steer clear of ongoing health issues such as obesity.
- Staying fit is vital to good health.
- Live tobacco free. Tobacco use is a leading cause of death.
- Follow your doctor's orders to handle health problems like diabetes and high blood pressure.
- Know your family's health past to help you make good choices.
- See your doctor for an exam each year to help avoid health issues.
- Ask questions if you don't know something or if you are worried about something.
- Research health facts from a number of sources like the American Heart Association, the American Cancer Society, the American Diabetes Society and Blue Cross and Blue Shield of Illinois.

**Fight fraud:** Health care fraud is a key driver of rising costs. Help stop fraud and abuse by reviewing your health care charges, protecting your member ID card and records and checking your prescriptions.

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