

Takes  
3 seconds



Saves society  
\$236 billion in  
injury-related costs

# Protect your health. And your healthcare.

Preventable injuries are a big reason health care costs are rising. When people choose not to wear seat belts, their injuries can be much more serious-and much more expensive to treat. Serious injuries require treatment with the latest technologies and advanced hospital care, which are often more costly. When it comes to the cost of health care, your choices make a big difference.

Visit [blueshieldca.com/hw](http://blueshieldca.com/hw) for more ways each of us can stay healthy and help keep health care affordable.

Source: National Highway Traffic and Safety Administration, "Highway Safety: Future Options That Will Make a Difference" 2005.

blue  of california

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