HEALTHY YOU. HEALTHY SAVINGS.

Save by staying healthy. Prevention is worth more than a pound of cure.

- Choose healthy foods. Control portion sizes. Maintain a healthy weight. Obesity raises the risk of type 2 diabetes, heart disease, and other chronic diseases, which can be very expensive to treat. Persons who are obese may be charged more for life and health insurance.

- Be fit at little or no cost. Walk with a friend. Join a mall walkers program.

- If you smoke, quit! You'll save money on cigarettes, health care, and insurance. Get free help from 800.QUIT. NOW or **smokefree.gov**.

- Take part in health risk assessments and health and wellness offerings at work.

- Wash your hands often to lessen the chance of picking up germs.

- Brush and floss your teeth daily. Get a dental checkup once or twice a year. Doing these help prevent periodontal (gum) disease. Not only is it expensive to treat, it is associated with heart disease and pneumonia.

- Get at least 6 to 8 hours of sleep a night. Manage stress.