

NO PAIN. BIG GAIN.

\$635 billion

The yearly cost of persistent pain.

25 percent

The number of U.S. adults affected by chronic pain.

Ways to reduce chronic pain:



30 minutes

Do low-intensity exercise daily.



Two times per week

Do strength-training exercises.



10 – 15 minutes

Practice gentle yoga or tai chi daily.

Check out the Live Healthy section of www.BlueChoiceSC.com.

