



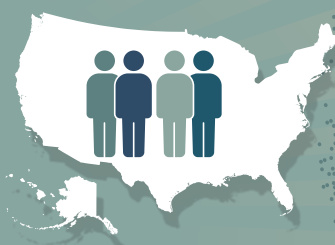
# LOOK INTO Your Future

80%

Early detection of cardiovascular disease **could prevent 80 percent** of its complications.



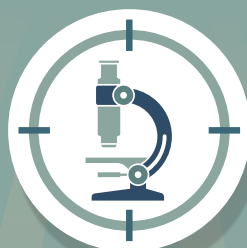
A person could lower his or her risk of developing diabetes by 58 percent just by **losing 5 – 7 percent of his or her weight.**



Lifestyle changes can prevent or delay diabetes in the more than **90 million American adults** with prediabetes.



Early detection increases the **five-year survival rate** in patients with skin cancer to nearly 99 percent.



Up to 35 percent of cancer deaths could be prevented with **screening and early detection.**



Adults need to engage in **150 minutes of moderate activity** a week for healthy aging.



Check out the Live Healthy section of [www.BlueChoiceSC.com](http://www.BlueChoiceSC.com).



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