

Choose your baggage wisely.



₱7.50
average
court fee



₱153
average medical
appointment fee



30 minutes of physical activity daily is just one of the ways you can reduce your risk of costly health problems. Unhealthy lifestyles add nearly \$1,000 in extra medical costs for every family in America each year. When it comes to the cost of healthcare, your choices make a difference.

Source: Wellmark Inc., "Provider Economics," 2003

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