

# What's for breakfast?



**\$4.89 per box**  
whole-grain cereal



**\$113 per month**  
cholesterol medicine

**Getting 20–35 grams of fiber daily** is just one of the ways you can reduce your risk of costly health problems. When it comes to the cost of health care, your choices make a difference.

Source: Harvard School of Public Health



We're here for you every step of the way.

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