



# Healthcare saving from healthy habits

## 01 How does personal health care contribute to reducing health care costs?

To study this, personal health care is set as a regular exercise. It is hypothesized that those who exercise regularly will spend less on hospitals than those who do not. As a result, regular exercise prevents the occurrence of chronic diseases such as cardiovascular disease, diabetes, and high blood pressure, or monitors symptoms, so medical expenses are reduced.

## 02 Economic speaking

As hospital visits are reduced, direct costs such as medical and examination costs are reduced, indirect costs such as absenteeism and productivity are reduced due to vaginal prevention, and personal health care reduces the burden of medical expenses, thereby reducing social costs for the state

## 03 Healthy habits

1. Choose foods that contain very little trans fat and saturated fat
2. Choose foods that are low in sugar and refined carbohydrates
3. I exercise three to five times a week.
4. Refrain from smoking and drinking.
5. get enough sleep

