

HEALTH TIPS

A HEALTHY
LIFESTYLE FOR
YOUR CHILD

www.simplyhealthcareplans.com/medicaid

The healthy habits you teach your kids today can help them be healthy adults.



Would you like your child to be healthier? Living a healthier life is easier than you think. There are many health benefits for children. They'll have better self-esteem, stronger bones and lower risks of certain diseases, like diabetes and high blood pressure.

You can help your child

Here are some ideas to help your child live a healthier life. Check off any healthy habit that you already do with your child.

- ☐ Limit foods and drinks high in calories and sugar

- ☐ Feed my child low-fat meats like chicken
- ☐ Not forcing my child to finish every meal
- ☐ Limit TV and computer time
- ☐ Take my family out for activities like walks or a trip to the park
- ☐ Not using food as a reward or for comfort

If you checked off even one habit, you are already teaching your child good habits. What other healthy habits do you do or want to start doing with your child?

Why is physical activity important for your child?

Regular physical activity can produce long-term health benefits for your child. Being active can help your child maintain a healthy weight, improve self-esteem and lower risks of certain diseases.

Children should do 60 minutes of physical activity each day. It will help them build strong bodies and bones, and burn calories.

Helpful phone numbers for Simply Healthcare Plans, Inc. members only
Member Services/24-hour Nurse HelpLine: 1-844-406-2396 (TTY 711)





You and your child can have healthy fun

Choose activities your child will enjoy and can do regularly.

- Soccer
- Jump rope
- Bike riding
- Basketball
- Swimming
- Dancing
- Skateboarding
- Baseball

What other fun activities can your family do together to burn off calories?

Make it fun. Do something new every day!



Go to **www.choosemyplate.gov** to learn more.

Simply Healthcare Plans, Inc. follows Federal civil rights laws. We don't discriminate against people because of their: Race • Color • National origin • Age • Disability • Sex or gender identity

Do you need help with your health care, talking with us, or reading what we send you? Call us toll free at 1-844-406-2396 (TTY 711) to get this for free in other languages or formats.

¿Necesita ayuda con su cuidado de la salud, para hablar con nosotros o leer lo que le enviamos? Llámenos a la línea gratuita al 1-844-406-2396 (TTY 711) para recibir esto gratuitamente en otros idiomas o formatos.

Èske ou bezwen èd ak swen sante ou, èd pou pale ak nou, oswa pou li sa nou voye ba ou? Rele nou gratis nan 1-844-406-2396 (TTY 711) pou w jwenn sa gratis nan lòt lang oswa nan lòt fòma.