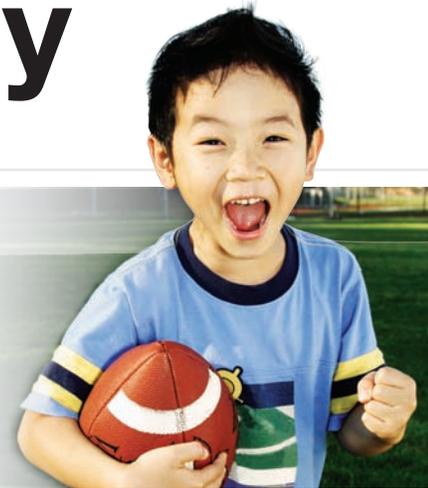


Great Ways to Keep Kids Healthy



It's never too early — or too late — to instill good habits that can help kids stay healthy, fit, and protected from disease and illness. Your Personal Health Advocate, offered by Health Advocate, a benefit paid by your employer or plan sponsor, can help you get your children off to a healthy start, find a pediatrician, review routine vaccinations and more.

Follow these tips:

- **Have them wash their hands.** Washing hands to the count of 20 helps stave off common bugs, from colds and flu to pinkeye.
- **Have them immunized on schedule.** Don't forget boosters (even until college). For more information, go to cdc.gov/vaccines.
- **Serve a balanced diet.** It takes time for children to develop a taste for vegetables, in particular, so keep trying.
- **Limit TV time.** Children who watch four hours of television daily are at higher risk for obesity than those who watch TV half that much.
(Centers for Disease Control and Prevention)
- **Encourage physical activity early on.** The earlier exercise begins, the sturdier the bones.
- **Slather on sunscreen and put on a hat.** Be sure to apply water-resistant SPF 15 or greater sunscreen 30 minutes before venturing outside.
- **Watch for stress.** Clues are stomach aches, nightmares, bedwetting and bullying.
- **Learn the signs of asthma.** Asthma affects 1 in 20 children and is now the leading cause of school absences and hospitalizations. Signs include persistent dry coughing, wheezing, chest tightness and shortness of breath. *(Asthma and Allergy Foundation of America)*
- **Stop smoking.** Secondhand smoke can lead to asthma and other lung diseases.

Remember... your Personal Health Advocate can locate the right pediatric providers, schedule appointments, clarify coverage as well as help with a variety of additional healthcare and insurance-related issues. Eligible employees, their spouses, dependent children, parents and parents-in-law can use the benefit. Just call, email answers@HealthAdvocate.com, or visit HealthAdvocate.com/members.

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